

## Lakewood Cultural Center Presents Flamenco Vivo Carlota Santana: "Fronteras"

Electrifying flamenco dance highlights the dynamic interplay between the dancers and live musicians in a performance that The New York Times says is "solid entertainment." Flamenco Vivo Carlota Santana, one of the premier flamenco companies in the U.S., will be in residence for a week at the Lakewood Cultural Center including performances at 2 p.m., Wednesday, April 17 and 7:30 p.m., Thursday, April 18.

"You never know what you're going to see, and that's why audiences keep coming back...There aren't any stars, or weak links, either. The eight dancers are remarkably equal, each holding attention in a distinctive way" writes Brian Seibert of The New York Times.

Flamenco Vivo has evolved to become an organization rather than only a dance company and continues to be dedicated to arts in education. During the residency week, the troupe will host a Flamenco Guitar Masterclass which features instruction in flamenco guitar techniques, tonalities, and

rhythms.

The class is open to ages 14 and up and is offered on April 17 at 7 p.m. A Flamenco Movement Workshop will also be offered for active adults over age 55 on April 16 at 11:15 a.m. This class focuses on instruction in rhythmic handclaps, arm movements, body posturing and footwork tailored to the participant's experience level. Registration and details about these unique opportunities are available at Lakewood.org/LCCPresents.

Tickets for the 2 p.m. matinee on April 17 and 7:30 p.m. performance on April 18 start at \$25 and are on sale now at 303-987-7845, Lakewood.org/LCCPresents or the Lakewood Cultural Center Box Office, 470 S. Allison Parkway (Wadsworth and West Alameda Avenue). Both performances feature the full-length "Fronteras" program. A special group rate of \$20 per ticket is available for groups of 10 or more for the matinee. For information, call the group sales line at 303-987-7864.



## Broomfield Presents Jazz Pianist Art Lande on April 5

Enjoy this free concert from GRAMMY-nominated and internationally-renowned jazz pianist Art Lande. Art has performed with countless jazz icons including Joe Henderson, Woody Shaw, Bobby Hutcherson, Steve Swallow, Charlie Haden, Kenny Wheeler, Sheila Jordan, Mark Isham, Paul McCandless, Jan Garbarek, and many others.

Pianist Art Lande's legendary life in jazz continues with this concert of all-new compositions written specifically for the Cultural Caravan. For this special concert, Art is joined by his Art Lande Dreamband II featuring: Bruce Williamson (saxophone, clarinet, flute), Dean Johnson (bass), Alan Hall (drums), & guest Josh Halpern (cello).

Also well known for his innova-

tive approaches to teaching piano, improvisation and ear training, Art is in demand internationally as a pedagogue and has written prolifically about improvisation. Don't miss this performance, a masterclass from one of the world's living legends of jazz!

Stop by the Broomfield Auditorium and enjoy this concert

from GRAMMY-nominated and internationally-renowned jazz pianist Art Lande on Friday, April 5 at 7 pm! Registration for this event will close on April 5, 2024 @ 7:00pm. Tickets are free, but registration is required at email: creative@broomfield.org or phone number: (720) 887-2310.



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# APRIL Calendar

## Monday/15

IRS tax returns are due by midnight, otherwise you may have to file an extension with the IRS to prevent any penalties.

## Saturday/20

The Colorado Genealogical Society offers a free online program on “Settling the Great Plains” by Glenn York at 10 am on Zoom only. Glenn will explore processes that were common as well as some unique processes used in specific areas and/or periods of time. He will also look at the genealogical value of the records created, and how to find and access those records. Please register online at <https://cogensoc.us/> to obtain the Zoom info.

The Castle Rock Genealogical Society offers a free virtual program on “Johnson, Jones, or James, English Ancestry is All Around Us” by Sylvia Tracy-Doolos at 10 am. Sylvia will look at the hidden history of being English in America and unravel why. Please register online at <https://crcgs.org/> to receive the Zoom info.

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

## Hypertension: a Pandemic Perspective

Hypertension, or high blood pressure, puts tens of millions of people at risk for largely preventable conditions — such as heart attacks, strokes, and heart failure — and premature death. Hypertension is one of the leading modifiable risk factors causing chronic disease and premature mortality in the United States. Yet a large percentage of Americans are unaware that they have hypertension, and only about 1 in 4 adults in the United States have it under control. Preventing and controlling hypertension for Americans will save lives, reduce inordinate costs, and improve health, well-being, and resilience. The first step toward these outcomes is acknowledging that hypertension, sometimes called the “silent killer” for often going undetected before leading to serious harm, is also a “silent pandemic — and though it’s not a contagious threat in the traditional sense, hypertension needs to be addressed with even greater attention and urgency. The statistics clearly define the problem.

It’s been less than a century and a half since the invention of a cuff-based gauge has allowed for the easy, non-invasive measurement of blood pressure. By the middle of the 20th century, clinical understanding of the dangers of hypertension had progressed enough to raise alarms about the many health issues that can result from even the most moderate cases of elevated blood pressure. Since then, we’ve seen even far greater popular awareness about the dangers of hypertension, made revolutionary discoveries leading to better treatments, and developed a keen understanding of steps that can help prevent and control it. However, the problem has only gotten worse.

Globally, hypertension affects more than 1.3 billion people. This link is external to health.gov., with 4 out of every 5 not receiving adequate treatment and 10 million dying each year due to hypertension-related illness. In the United States, hypertension affects nearly half of adults — more than 119 million people. In 2021 alone, hypertension was the primary or contributing cause of over 690,000 deaths (roughly 275,000 more

deaths than from the COVID-19 pandemic in that year). High blood pressure costs our nation between \$131 to \$198 billion each year. This link is external to health.gov., not accounting for lost productivity due to non-fatal illnesses associated with high blood pressure. By 2035, total costs related to uncontrolled hypertension are projected to balloon to \$220 billion annually. And as with many other diseases, inequities exist in hypertension prevalence and control — impacting Black and Hispanic people in particular.

Admittedly, the scope of the problem can be overwhelming to comprehend. But if we’re ever going to be serious about addressing it, we must define just how big the problem of hypertension is for our communities, our nation, and the world. The data unequivocally paint the picture of a global pandemic. So why do we not talk about it and tackle it as such? Why is there reluctance to see hypertension as an existential threat in the way that we have for emerging biological diseases, such as SARS-CoV-2? And why not bring everything to bear to prevent and control hypertension — a relatively less complex solution set than managing novel viruses — and one that could potentially prevent hundreds of thousands of deaths every year in the United States alone?

As we’ve previously written, preventing and treating high blood pressure is about more than just the numbers. Addressing this condition requires a much broader approach that better understands and invests in people and their life circumstances. Those who have or are at risk for hypertension deserve person-centered solutions that take their social conditions into consideration as profound contributing factors. Management shouldn’t be solely about the numbers on a sphygmomanometer.

That means having more conversations about the importance of hypertension prevention and control in the context of personal health and resilience, more regular hypertension screening, more self-monitoring of blood pressure, and more promotion and education of preventive measures such as increased physical activity and healthier eat-

ing patterns. It means starting a dialogue with your patients, your community, and your loved ones about heart health — and specifically the role that blood pressure plays. It means fully implementing the ODPHP-developed Federal Hypertension Control Leadership Council Physical Activity Action Plan across government agencies and using the wealth of available federal resources — such as the Physical Activity Guidelines for Americans — to get people moving more. It means following a heart-healthy eating pattern — like the Dietary Approaches to Stop Hypertension (DASH) and eating less salt.

Hypertension is a silent disease until it isn’t. Just because there may not be outward signs of the effects of high blood pressure doesn’t mean that it’s not impacting you or someone you love — and even building toward a potentially critical event like a heart attack or a stroke. While there’s no vaccine, no one-off cure, and no mask to ward it off, that shouldn’t keep us from thinking of hypertension as the pandemic that it is and doing more to mitigate or even eliminate its impact.

Know your own blood pressure numbers. Know what your numbers mean for you in the context of your life, and learn more about how you can maintain healthy blood pressure. Then help someone else do the same. I might suggest starting by just going for a walk — or going for a walk with a loved one! By meeting this challenge with the full force of our combined resources and efforts — just as we have with other global threats to the public’s health — we can get this silent pandemic under control.

*Health and Well-Being Matter is the monthly blog of the Director of the Office of Disease Prevention and Health Promotion. This month, RDML Reed is joined by Bianca Macias, MPH, CPH, ORISE Fellow at ODPHP and a contributor to the Federal Hypertension Control Leadership Council Physical Activity Action Plan in a co-authored piece on the need for a more urgent response to the hypertension crisis.*

Information courtesy of Health.gov.

## Growing Old

It took a while, but Fred Allen Smalls finally got his diploma from the Georgetown County High School in the town of Planterville. He missed graduation when he moved to Washington, DC to help support his family. Born on February 5, 1918, he re-

cently turned 106 years of age and he is still going strong. Tamara Baker, a professor at the University of North Carolina at Chapel Hill School of Medicine, told NBC News that “it’s the positive social networks — the ones that are going to influence you, or get

behind you to go to the doctor, to do the exercise, to eating properly. Even in some of the more impoverished neighborhoods, if you have that positive social network, that can go a long way.”

We Care

Say you saw it in 50 Plus Marketplace News



# 30th Ms. Colorado Senior America Pageant at the Mizel Arts and Cultural Center

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

### DEADLINE 10th of the Preceding Month

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

**Publisher/Editor**  
Robert A. Trembly II

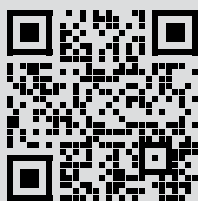
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This year marks the 30th year of the Ms. Colorado Senior America Pageant which will be held Saturday, April 27th at 2pm at the Mizel Arts and Cultural Center – Wolf Theater- 350 S Dahlia St, Denver Co. 80246

This year's theme is – “Forever Fabulous”. The pageant captures the joy of living and not letting age be a detriment. The contestants, who range in age from 60 years and better, will compete in four categories before a distinguished panel of judges, including Private Interview, Evening Gown, Philosophy of Life, and Talent. This Pageant showcases these amazing women who have wisdom, talent, and a joy of life.

Emcees for this event are – Ms. Senior America 2019/20 Esmeralda Ybarra Hendrick, and Ms. Colorado Senior America 2008, Linda Holloway. You will also see many of the past Colorado Queens make their appearance on stage during this celebration, our Tambourine group, our Bella Dance group, and special surprise singers.

At the end of the event, the Ms. Colorado Senior America 2024 will be crowned, and she will go on to appear in variety shows, parades, other events locally, and will

represent Colorado at the national Ms. Senior America Pageant in October.

This will be a fun filled afternoon for all watching and cheering on these talented seniors!!! They are amazing! Tickets are \$33 Adult and children under 17 are \$18. You can purchase tickets from The Mizel Arts and Cultural Center Website, jccdenver.org or box office – 303.316.6360 or go to ColoSRAmerica.com and click on the link.

For more information about the 2024 Pageant and if you would like to be a contestant in the future, please contact the Colorado State Pageant Administrator, Rene' Green, at renemcsap@gmail.com, or call 720-384-6249.

You can also find information on the website at: colosramerica.com or visit and “like” us on Facebook – Ms. Colorado Senior America Pageant



## Senior Connection



**Free Admission**

**Free Desert Bar**



**Roulette Wheel For Door Prizes!**

**OPEN HOUSE**  
Come any time between  
9 am and 1 pm

**Over 40 Vendors with products and services for today's Seniors**

**Arvada Elks Event Center**  
5700 Yukon St, Arvada, CO  
Wednesday, May 8th

**SENIORS ON STAGE**  
10 am—Young at Heart  
Country Music  
11 am—Vicki's Boutique  
Spring Fashion Show  
Noon—Shimmy Mob Team  
1 pm—Sweets for Seniors

**Trail Winds Recreation Center**  
Active Adult Wing  
13495 Holly St, Thornton, CO  
Wednesday, May 15th

**SENIORS ON STAGE**  
10 am—Ms Colorado Senior  
Cameo Club Song & Dance  
11 am—Eddie Kendrick  
Cowboy Singer  
Noon—Heritage Todd Creek  
Dancers  
1 pm—Sweets for Seniors

**Windsor Gardens Auditorium**  
595 S Clinton, Denver, CO  
Tuesday, May 21st

**SENIORS ON STAGE**  
10 am—Desert Mirage  
Belly Dance Team  
11 am—Fashions by Soledad  
Spring Fashion Show  
Noon—Time 4 Tap  
1 pm—Sweets for Seniors



## Technology is Hip!

### Artificial Intelligence Is Changing the World!



**Bob Larson**

At both February's annual Consumer Electronics Show in Las Vegas and March's RootsTech (annual genealogy) Conference in Salt Lake City, Artificial Intelligence (AI) became one of their main themes. Ever since Open AI introduced their ChatGPT website in 2022, it started a new revolution in AI products for many industries. Microsoft's AI version, now called Co-pilot was featured on 60 Minutes last year followed by Google's BARD, now renamed Gemini.

Many industrial and commercial companies have added AI into their product lines for good reasons. AI makes your life simpler and can obtain results much faster than the normal web browsers or apps. However, accuracy is still a problem with some AI driven web browsers.

Although different from human intelligence on learning and decision making using creative thinking, it's getting closer! The Dept. of Defense started the AI concept back in the 1950s, then IBM upset

the gaming industry by introducing their Watson computer, which beat the two past smartest Jeopardy TV show winners in 2010. Today, Watson is used to help various industries with great success!

Today's AI is called Generative AI, which almost simulates human intelligence. It is artificial intelligence capable of generating text, images or other data using generative models, often in response to prompts. Generative AI models learn the patterns and structure of their input training data and then generate new data that has similar characteristics. So, it has some creative and decision making capabilities at the creation of using different algorithms, aka software design.

You can imagine how some software developers and CEOs are concerned about destructive behavior AI may cause and takeover some industries without human intervention. As shown in the past Star Wars movies, there will always be a concern about AI soldiers, but for now, the software developers are being careful in developing safe AI products that will benefit the world! Bob Larson is a technologist and Marketing Director for 50 Plus.

## Uniquely Bea

### "You Have Option"



**Bea Bailey**

Yikes ... we are now entering into another election year... which will be like no other.

I have stopped wringing my hands and pulling out my hair and just choose to vote with my own conviction. If you listen to the media, we are in the last years of our civilization with more doom and gloom to come. The media likes to hook us into all this negativity. Selling papers or increasing viewership with stories about finding lost puppies. (Boo Hoo!) is not their jam.

I have gotten off Facebook because based on what you click

on, they will start feeding you similar stories to your timeline. Also, I have stopped watching the news for the most part. Now, if "they" cancel tomorrow, I won't know it, but am sure that someone will text me and let me know.

Once I was attending a psychology class and the instructor was talking about our thoughts. He stated that our thoughts are like music. We have the option to play the kind of music that we like. If you don't like country music or rap...don't listen to it. This same concept goes for our stressful or negative thinking. I think it is a great insight and one that I am striving to implement.

*"Change your thoughts and you change your world."*—

*Norman Vincent Peale.*

## Genealogy Rocks!

### Are Genealogy Societies Needed?



**Carol Darrow**

1924: The Colorado Genealogical Society was organized 10 years before the opening of the National Archives and

Records Administration opened in Washington, D.C., giving researchers their first access to census records.

1976: Publication of Roots: The Saga of An American Family reignited interest in genealogy and family history research. Several local genealogical societies including Columbine, Larimer County, Foothills and the Black Genealogy Research Group were organized.

2002: The 1930 U.S. census was released on microfilm and was available only at the 14 NARA archival research facilities across the U.S. Denver was among those NARA facilities.

2010: Experts wondered whether online services such as Ancestry.com and FamilySearch.org would replace genealogy societies. It turned out that genealogy groups could offer their members classes to use these resources successfully.

2012: The 1940 U.S. census was released online at Archives.gov, Ancestry.com, and FamilySearch.

org but was not every-name indexed until January 2013.

2015: Some commentators noted that genealogy societies were losing members and questioned whether societies had outlived their usefulness. Societies would need to attract younger members to survive.

2018: The advent of DNA testing attracted younger people but they soon became discouraged with the results that listed hundreds of unknown cousins but no direct answers. Genealogy societies stepped in to explain the science and clarify the results.

2020: The pandemic forced in-person meeting places to close. Could societies survive if we could not meet in person? Survive and thrive they did, thanks to electronic Zoom meetings that allowed us not only to hear a speaker's presentation but to socialize with other attendees.

You can be part of the future if you are willing to join a local genealogical society and support that organization by paying your dues and volunteering your talent to build a stronger organization.

Carol Cooke Darrow teaches Beginning Genealogy and facilitates the WriteNOW family history writing group on Zoom. Register for classes at cogensoc.us.



## Active Minds

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[www.activeminds.com](http://www.activeminds.com)

## Please Join Us In Celebrating Jefferson County Senior Heroes

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Recognizing outstanding older adult volunteers that make an impact throughout Jefferson County



**Apex Community Center**  
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Hosted by:



**May 9, 2023 2 PM - 4 PM**



## Social Security Today

### How To Spot An Imposter Social Media Account

Want to learn how to spot fake Social Security social media accounts? The tips below will help you protect yourself and your family.

How fraudsters create imposter accounts

Fraudsters create imposter social media pages and accounts using Social Security-related images and vocabulary, making them appear as if they're associated with or endorsed by us. They also create imposter social media pages of Social Security and OIG officials, such as the Commissioner or the Inspector General.

Protect your personally identifiable information

We will never ask for sensitive information through social media as these channels are not secure. Sometimes, users are asked to enter their financial information, Social Security number (SSN), or other sensitive information. This is a red flag, and often an indication of a fraudulent account.

How to spot a fake social media account

Identifying an imposter account may seem difficult at first, but there are a few things you can look for right away. You will want to focus on the following:

- How many people follow the imposter page. In most cases, fake pages have a very low number of followers as

compared to Social Security's official page.

- Improper punctuation.
- Links to pages not on SSA.gov.

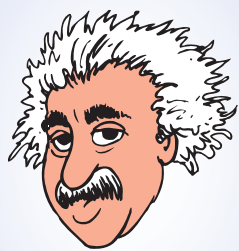
- Advertisements for forms or other Social Security documents for a price.

- Incorrect social media handles. To view the list of our official social media channels, we encourage you to visit [www.ssa.gov/socialmedia](http://www.ssa.gov/socialmedia).

Please report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at [oig.ssa.gov/report](http://oig.ssa.gov/report). You can find more information about scams on our Protect Yourself from Scams webpage at [www.ssa.gov/scam](http://www.ssa.gov/scam).

Please share this information with your friends, family, and colleagues to help spread awareness about imposter social media accounts.

## Find Einstein



Can you find the hidden Einstein in this paper?

## The World Happiness Report

The World Happiness Report (WHR) was released in mid-March by a partnership of Gallup, the Oxford Wellbeing Research Centre, the UN Sustainable Development Solutions Network, and the WHR's Editorial Board. The report is produced under the editorial control of the WHR Editorial Board.

The World Happiness Report reflects a worldwide demand for more attention to happiness and well-being as criteria for government policy. It reviews the state of happiness in the world today and shows how the science of happiness explains personal and national variations in happiness.

The report observed data on six variables and estimates of their life evaluations, which include GDP per capita, social support, healthy life expectancy, freedom, generosity, and corruption. The happiness rankings are based on individuals' own assessments of their lives. The World Happiness Report is released annually usually on March 20th as part of the International Day of Happiness celebration ad-

opted by the United Nations in 2012.

For the seventh year, Finland is ranked number one with Denmark and Iceland trailing second and third, while United States fell to 23rd, and Afghanistan is last.

The top 10 countries have remained much the same since before COVID. Finland is still top, with Denmark now very close, and all five Nordic countries in the top 10. But in the next 10, there is more change, with the transition countries of Eastern Europe rising in happiness (especially Czechia, Lithuania, and Slovenia). Partly for this reason the United States and Germany have fallen to 23 and 24 in the rankings.

In many but not all regions, the young are happier than the old. But in North America happiness has fallen so sharply for the young that they are now less happy than the old. By contrast, in the transition countries of Central and Eastern Europe, the young are much happier than the old. Report courtesy of Gallup.

## Active Adult Healthy Living Expo



Take advantage of free interactive demos and learn about local resources at the Active Adult Healthy Living Expo.

**Wednesday, May 1**

**9-11 am**

**Buck Recreation Center**

**2004 W. Powers Ave, Littleton, CO 80120**

FREE admission and open to the public.

No registration required.

Event sponsored by:

**McGill**  
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## Here's One for Cinephiles

Die-hard movie buffs are celebrating a flick that was just released—for a second time. It made its first debut just about a hundred years ago featuring that femme fatale of the day, Miss Clara Bow. The film, *The Pill Pounder*, made its debut in 1923 and then was lost. Gary Huggins of Kansas City found it recently at an antique film fest in Omaha, NE when he purchased a stack of oldies for twenty bucks. He told reporters that “a distributor that had been in Omaha for decades had gone out of business a while ago and this auction house had some of their films. It was the best 20 dollars I've ever invested, for sure.”

## Sunshine Home Share

Denver-based nonprofit Sunshine Home Share Colorado helps residents 55 and older stay in their homes by safely pairing them with people who are looking for housing. For more information, call 303-975-8264 or visit [sunshine-homeshare.org](http://sunshine-homeshare.org).

## Firefall

It sure looks like someone set fire to a waterfall in California's Yosemite National Park. But it's a trick the sun plays on visitors each year at this time. Photographer Jay Huang says he's been trying to capture what he calls the Yosemite's Horsetail Fall “firefall effect” over the years but this time he got it just right on video.

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## It's Time to Get Your COVID-19 Booster Shot!

It's spring, the season for sweet strawberries, colorful tulips, crisp vegetables, and a COVID-19 booster shot. Health experts with the U.S. Centers for Disease Control and Prevention (CDC) recently recommended an extra dose of the 2023-2024 COVID-19 vaccine for all people in the U.S. ages 65 and older.

Why? Simple. Hospitalizations and COVID-19 death rates for people who are 65 and older have been significantly higher than COVID deaths and hospitalizations among younger people over the last several months, and vaccine effectiveness is waning over time.

Health experts want to give extra protection to older people, so a committee of medical advisers to the CDC in February recommended a spring COVID-19 booster shot for everyone who is 65 and older. In addition, people who are immunocompromised also have been eligible for extra doses of the COVID-19 vaccine, said Dr. Michelle Barron, who is also a professor at the University of Colorado School of Medicine on the Anschutz Medical Campus.

At this stage of the COVID-19 pandemic, older adults are hav-

ing a tougher time when they get a bad case of COVID-19. That's not surprising because immune systems in older people aren't as strong as they are in the young, aside from younger people who are immunocompromised.

Here are some reasons why medical advisors to the CDC recommended a spring COVID-19 booster shot. More than half of people who had to be hospitalized for COVID-19 between October and December of 2023 were older than age 65, according to CDC researchers.

As people get older, the risk of dying from COVID-19 continues to rise. People ages 75 and older were much more likely to die if they contracted COVID-19 than people who were sick with COVID-19 and were 65 to 74 years old.

Fewer people of all ages have been getting the newest COVID-19 vaccines. Among people of all ages, only about 22% of U.S. adults have gotten the 2023-2024 COVID-19 vaccine, which was reformulated last year to better protect against the newest variants. Older adults have been more likely to get the newest vaccine, with about 43% of people ages 75 and older having received the newest shot, accord-

ing to CDC data.

Vaccine effectiveness wanes over time, so especially for vulnerable people, it's great to give the immune system a boost in combating COVID-19 infections. "You'll want to wait at least four months since the last time you had a COVID-19 vaccine," Barron said. If you've recently gotten sick with COVID-19, you should wait about three months.

Don't wait for the fall vaccine. Unless you've recently been sick with COVID-19, you should not wait to get a spring booster dose. If you are 65 or older, or you are immunocompromised, you should go ahead and get a booster of the 2023-2024 COVID-19 vaccine now.

Anyone who gets a booster this

spring will also be eligible to get a dose of the newest COVID-19 vaccine this fall. If you're sick, stay home. If you have symptoms of an illness, don't expose others, especially vulnerable people.

Barron's bottom-line advice to her older patients and relatives is quite simple: get your spring booster dose of the COVID-19 vaccine. And, no matter your age, if you never got a 2023-2024 COVID-19 vaccine, you can still get vaccinated.

And even though vaccine effectiveness wanes over time, Barron said it's still tremendously helpful to get COVID-19 vaccines and booster shots because they significantly reduce deaths and hospitalizations. Courtesy of UCHHealth.



## Colorado Attorney General's Office Announces Redesigned Stop Fraud Colorado Websites

As National Consumer Protection Week 2024 continues, Attorney General Phil Weiser announced today the launch of redesigned websites for Stop Fraud Colorado and the Spanish-language No Más Fraude Colorado. The new websites are a modern, user-friendly update to the office's consumer education programs which will make it easier for Coloradans to educate themselves about fraud and scams, find resources to help protect themselves, and report fraud, scams, and other complaints to the Department of Law's Consumer Protection Section.

"It's important for Coloradans to educate themselves about scams, fraud, and other consumer issues," said Colorado Attorney General Phil Weiser. "Now, everyone will have updated, easier-to-use websites in English and Spanish to help them avoid frauds and scams. These new sites are the culmination of more than a year of hard work from the dedicated public servants in my office to make StopFraudColorado.gov and NoMasFraudeColorado.gov informative and accessible for all consumers regardless of where

they live in Colorado or which language they speak.

While the websites are new, a critical message remains constant: If you see scams, fraud, or anything suspicious or illegal, tell us about it at StopFraudColorado.gov and NoMasFraudeColorado.gov en español."

At launch, the site contains information about common types of scams and fraud, including imposter scams, identity theft, job and business opportunity scams, and romance scams. More information will be added to the site frequently. The site also features a revamped case database with cases and relevant documents going back as far as 2015.

Consumers who want to stay connected to Stop Fraud Colorado can sign up for the monthly Fraud Bulletin newsletter on the new website and follow both Stop Fraud Colorado and No Más Fraude Colorado on Facebook and Twitter.

Coloradans should report scams, fraud, and other complaints at StopFraudColorado.gov and NoMasFraudeColorado.gov or by calling 800-222-4444.

## Helping Coloradans: State's Property Tax, Rent, Heat Rebate Offers Relief For Senior, Low-Income Residents

Coloradans eligible for a Property Tax, Rent, Heat (PTC) Rebate should apply before April 15 to ensure they also receive a TABOR refund.

With the passage of the Identical TABOR Refund Act in December, Coloradans who do not plan to file a state income tax return can still receive the refund if they apply for a PTC Rebate by April 15.

The Property Tax, Rent, Heat (PTC) Rebate is available to Colorado residents to help with their property tax, rent, and/or heat expenses. The rebate is based on income and includes people with disabilities and older adults.

For tax year 2023, the rebate amount can be up to \$1,112 for applicants. If applications are received by April 15, 2024, applicants can also receive a TABOR refund, which equates to \$800 for single filers and \$1,600 for married couples filing jointly.

Eligible Coloradans include seniors (age 65 or older, or surviving spouse aged 58 or older), Coloradans with disabilities, and individuals with a total income of less than \$18,026 or a married couple with a total combined income of less than \$24,345.

"It's important to support all Coloradans, especially those in underserved and underrepresented communities," said Brendon Reese, Department of Revenue Division of Taxation director. "We want Coloradans experiencing hardship to know that there are resources out there to help and PTC rebates are one of them. With the flattened TABOR refund, you can receive a refund even if you didn't file a state income tax return for 2023 – you just need to submit a PTC Rebate application."

The PTC Rebate has provided relief to about 15,000 Coloradans since 2019. This program ensures seniors and Coloradans with disabilities can remain occupied in their heated homes year after year.

The PTC Rebate application is also available in Spanish, and to provide better customer service to non-English speaking Coloradans, Taxation Division call centers can now assist non-English speaking PTC applicants through a translation service.

More information, including qualifications, is available on the PTC Rebate webpage.

Information courtesy of the Colorado Department of Revenue



## Reflections

### I Don't Have Much Time Left

Yikes! When my friend said that recently, actually several times, I wondered.

Did she have a diagnosis about which I knew nothing? Had she been ill and not said anything?

No, she knows as the years roll on, her physical well-being isn't what it was previously. Her awareness of her interests and ability to pursue them is smart. Maybe there's a lesson from her playbook here.

While we all have the choice of where and how we spend our time, knowing our limitations becomes very wise. That's especially true if we pay attention to what's realistic vs "want to dos."

Perhaps the organizations in which we've been involved, change their focus. That could mean, we're no longer wanted, needed as an employee or volunteer. What then?

Where will we find other places in which to become involved? Can we or, better yet, do we want to change our own focus?

If our volunteer involvements don't result in enough fulfilling opportunities, it might be a good time to look further. What other organizations have a similar focus. Might they have needs which we could possibly fit? Adding the



**Martha Coffin Evans**

former and new opportunities together could just provide enough service outlets to fuel our need.

I wonder about areas in which I've thought to serve. Maybe now's the time to shift and explore one or more of them.

Although travel wasn't mentioned, years ago we were told to "travel as long as you can, as far as you can, as long as your legs hold out." We've taken that sage advice. What good is that Bucket List if you, your family members or friends are no longer able to travel?

Maybe this is a "carpe diem" time. My friend may just be the wise one here!

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



## Colorado Gerontological Society

### Income Limits Increase

### Making More People Eligible for LEAP

Anyone 18 and over who pays for heating costs is eligible to receive help from LEAP.



**Eileen Doherty**

Individuals who make less than \$3,081/month (\$4,030/month for a couple) are eligible to apply. LEAP helps with heating costs, but does not pay the total bill. Deadline is April 30.

LEAP applications can be made online through Colorado PEAK or your county office. To use Colorado PEAK, log in if you have an account (or make a new account). On the Dashboard tab, scroll down

to the Benefit Overview. Immediately next to it, there is a button "Request New Benefits". Click the button. When it loads a new screen click "I want to add another benefit program". Press Continue. Click "I Know What Benefits I Want to Apply For"; then at the very bottom of the page, find the "Energy" tab. Check the LEAP box below. Then click the box "Apply for Benefits" at the top right. Then follow the form step-by-step.

If you need copies of tax or LEAP forms, call The Colorado Gerontological Society at 303-333-3482 or 1-855-293-6911 (Toll Free) or 1-855-880-4777 (Spanish). Or go to <https://cdhs.colorado.gov/leap>

## 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](mailto:drpbusch42@aol.com)

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First floor only  
Contact Bob at 303/329-8205  
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Update your WILL or TRUST. What if you become DISABLED? Are you protected? Living Wills, Powers of Attorney, Probate. \$120 Review. Don E. Watson, Attorney, 303-434-7747

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### Wanted

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

### 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.

#### 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](mailto:seniorsitterscolorado@gmail.com)

### Services

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### Support Groups

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## Membership

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

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



## Pets Are Family

### Pet First Aid



Judy Calhoun

veterinarian as needed.

Familiarize yourself with basic first aid procedures for your pet regarding topics such as broken bones, bleeding, burns, seizures, heatstroke, choking, etc. A plethora of resources are available online specific to your pet's species and size. Did you know you can get certified in administering life-saving CPR to dogs and cats? Sign up for a class online or find one locally in your community.

Lastly, it can be difficult to remember every symptom a pet can have and what it means. Thankfully, Red Cross offers an app all about first aid for pets. Download it today and keep vital information in your pocket in time of need.

Thanks for reading! Learn more at [nocohumane.org](http://nocohumane.org).

Keep your pet calm. Just like humans, pets can experience heightened stress and anxiety during emergencies. Calming them helps to alleviate their fear and discomfort, making it easier to assess their condition and administer necessary treatment. An agitated or panicked pet can also inadvertently worsen their condition by thrashing around or attempting to escape.

In the same vein, when handling and transporting an injured furry friend, we risk injuring them further. Learn how to safely handle an injured pet and consult with your

vet.

*Help us  
Help the 50+  
Community*

## Ageism Matters

### We Are All Leaders



Kris & Sara

When you need to reach many people, it's important to remember that change happens one person at a time.

There is an exponential impact when we educate a group of educators, organize a town hall for legislators, and provide training and tools for people to organize their own conversations. But the message is still being received by one mind at a time. Every leader and influencer is an individual with their own beliefs and biases.

Equally important, we are all influencers and leaders in our own ways. We lead with our actions, how we spend our resources, and how we vote. We are examples for our families and friends, workplaces, and community organizations.

After years of education and public campaigns, ageism awareness is spreading. Our organization has reached thousands through our programs, social media, and coverage by traditional media outlets.

More and more people come to us wanting the tools to make change, to impact policy and connect to others across the country who want to make a difference.

There is a growing conversation about age and older adults in the public sphere. Yes, often much of it is negative. But, people are also questioning the traditional, negative narrative - and this is new. From health experts to political leaders to entertainers, there are voices clapping back and calling for a more realistic narrative about age and aging.

It starts with each of us to create change. This movement is happening from the bottom up. We can feel the momentum. One mind at a time, the narrative is beginning to change.

#### Add your voice!

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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**[NJHEALTH.ORG/WWAD](http://NJHEALTH.ORG/WWAD)**

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## Littleton Elks Lodge Honors Two Local Celebrities

The Littleton Elks Lodge honored Littleton Police Corporal Joe Fiocca as Officer of the Year and former Channel 7 news anchor Anne Trujillo as Citizen of the Year at a ceremony March 9.



Fiocca was nominated for actions including saving the life of a suicidal woman, supervising an incident involving armed juveniles in a stolen vehicle, and what others in the department called “extraordinary leadership qualities.”



Trujillo served as the longest-tenured evening news anchor in Colorado when she retired after 39 years at Channel 7. Trujillo, who has lived in Littleton since childhood, was among the founders of the Colorado Chapter of the National Association of Hispanic Journalists. She was inducted into the Denver Press Club Hall of Fame in 2019.

## 80 Years Later: Aurora Remembers D-Day

The Aurora History Museum is pleased to announce the new exhibit, “80 Years Later: Aurora Remembers D-Day.” The exhibition, open to the public through July 7, features local connections to World War II, a detailed history of D-Day, highlights of Colorado’s contribution to the war effort and a remembrance wall to Aurora’s fallen during the war. June 6, 2024, will be the 80th anniversary of the D-Day landings along the Normandy coast. D-Day marked the beginning of the end of Nazi Germany’s control over Western Europe and was a critical turning point in world history.

Discover more about the Allied invasion, learn about the military bases in Aurora that helped pave the way for Allied success and honor the young Aurorans who made the ultimate sacrifice in WWII. Experience “the longest day” through archival photos and videos as the Aurora History Museum remembers D-Day.

In Aurora, several military installations supported the war effort. Many airmen who participated in the D-Day operation were trained at Lowry and Buckley, while the

Fitzsimons Army Hospital treated servicemembers wounded overseas. The military presence in Aurora during World War II contributed to the city’s growth and development, and its legacy can

still be seen today.

“This exhibit is a commemoration of all who served and those who sacrificed their lives in the pursuit of victory over tyranny in the largest amphibious invasion in military history,” said T. Scott Williams, museum director. “The exhibit also tells the stories of eight Aurorans’ who were killed in action during WWII to preserve our nation’s freedom and the millions of people who were liberated around the world; I invite the public to come and remember the history of this huge undertaking that is unmatched in human history.”

The Aurora History Museum opened in 1979. In 1990, it moved to its present location, reopened in 1991 and became a part of the city of Aurora Cultural Services Division, the largest single provider of arts and culture programs in Aurora.

The museum is open from 9 a.m. to 4 p.m. Tuesday through Friday and from 11 a.m. to 4 p.m. Saturday and Sunday. Admission to the Aurora History Museum is always free. For more information, call 303.739.6660 or visit Aurora-Museum.org.



## The Colorado Genealogical Society Celebrates its 100th Anniversary

The Colorado Genealogical Society plans a celebration in observance of its 100th year of incorporation, honoring the achievements and milestones of the innumerable number of volunteers who have been the bedrock for the success and endurance of the society.

Since 1924, CGS has guided the movement of genealogy from the family safe-guarding of pencil-drawn charts and stored-in-the-bureau paper lineages to a discipline of study, compilation, and preservation.

Across the decades, with its rewarding alliance with the Denver Public Library, CGS has sustained its mission and furthered its primary goals of education, collaboration, and promotion of family history. CGS has played host to decades of classes, seminars, workshops, and relationships, informing and educating the public on the high standards of research, critical analysis of information, and crucial preservation of records, both private and public.

In May, the society will gather, remember, and laud its many officers and volunteers, who, over the years, have generously given their time and support to the society.

We invite non-members, members, past and present, retired, and active, from far and near, to join us and remember the CGS genealogists who have influenced our efforts and remain memorable in our family history journeys.

James Jeffrey will keynote the luncheon on May 18, 2024 at 11:30 am at the Mile Hi Church Community Center, 9077 W. Alameda Ave. in Lakewood. Tickets are \$28.00 each. A catered luncheon of smoked chicken, brisket, a vegan dish, salads, appetizers, and a celebration cake. Bring your cameras and reminiscences! Tickets are available on their website at [www.cogensoc.us](http://www.cogensoc.us).



## He’s A Record Holder

Most Guinness World Record holders are proud of their achievements but David Rush, who has broken more than 250 Guinness World Records to date, is aiming to win more records than anyone else in the world. He’s currently the

number two record-holder, having recently won a title for using his head to bounce a soccer ball into a trash can 52 feet and 5.9 inches away. Rush says he’s aiming to win a new record each and every week.

## Denver Zoo Supports Asian Field Conservation Programs

Indonesia’s Leuser Ecosystem is the last place on Earth where Critically Endangered Sumatran elephants, tigers, orangutans, and rhinoceroses coexist in the wild. This remote UNESCO World Heritage site is home to countless fragile habitats and threatened species. Yet due to illegal farming and development, the entire area is in grave danger. That’s six million acres at risk.

When looking for global conservation work to support, Denver Zoo specifically seeks out situations like this one: places and projects where we can make a major impact with modest resources. The Leuser project is just one of several new Field Conservation efforts we’re launching this year throughout Asia. Read on to learn exactly what we’re doing, how—and why!

In the Leuser Ecosystem, Denver Zoo is excited to be working with Forum Konservasi Leuser (FKL), a passionate grass-roots NGO working to protect this unique area and its wildlife. Through this partnership, Denver

Zoo will help FKL build a field station for research and poaching patrol, assist with the restoration of local habitats and much more.

Once called Lan Xang, Land of a Million Elephants, Laos was home to one of the largest elephant populations in Southeast Asia. But today, habitat loss, human-elephant conflict and the illegal wildlife trade have taken a devastating toll. Only about 400 wild elephants remain in the entire country, with the largest group found in Nakai-Nam Theun National Protected Area. More data is needed to address the unique threats to this important elephant population.

In addition to our work with wildlife and habitats, the Zoo must also work with local people to identify and address the root cause of each threat. The goal? A world in which humans and animals can share resources in a way that’s sustainable for both. There’s much work yet to be done. Our new programs in Asia are only part of the bigger picture!



## 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 [sonneill@drmac-co.org](mailto:sonneill@drmac-co.org)

### 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 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.

### 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

### 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

### 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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# 50 Plus Marketplace News Crossword Puzzle

April 2024  
Answers page 8

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### ACROSS

- 1 Gold coin
- 6 Weep
- 9 Hollow cylinder
- 13 Idealized concept of a loved one
- 14 Free from contamination
- 15 Indigo
- 16 Capacity to absorb radiation
- 18 Great quantity
- 19 Destiny
- 20 Latvia
- 21 Accent
- 22 Mild oath
- 24 High public esteem
- 25 Counterfeit
- 28 Former Russian rulers
- 30 Feudal vassal
- 31 English poet
- 33 Clumsy boat
- 36 Advanced in years

- 37 Entirely
- 38 Part of verb to be
- 39 Organ of sight
- 40 Hawk's nest
- 41 White-and-black bearlike mammal
- 43 Horn-shaped bone
- 45 Dissepiment
- 46 Purge
- 48 Strike forcefully
- 49 Wagon
- 50 Greek goddess of the earth
- 52 By way of
- 55 Which inland sea of central Asia lies on the border between Kazakhstan and Uzbekistan
- 56 Desalt
- 59 Roster
- 60 Island of Hawaii
- 61 Sovereign

- 62 Soared
- 63 Weep
- 64 Foe

### DOWN

- 1 Clock face
- 2 Boss on a shield
- 3 Fling
- 4 Gone by
- 5 Rocky pinnacle
- 6 Dynasty in China
- 7 Killer whale
- 8 Honey insect
- 9 Priest
- 10 Changeable
- 11 Musical instrument
- 12 Senior
- 14 Discharged a debt
- 17 Small nail
- 22 Ovum
- 23 Command to a horse
- 24 Possesses
- 25 Floating ice
- 26 Greasy
- 27 Change decor
- 28 Story
- 29 Pigpen
- 31 Disease of the nervous system
- 32 Biblical high priest
- 34 Official language of Pakistan
- 35 Ray of light
- 37 Island of Denmark
- 40 Sin
- 41 Seed of a legume
- 42 Disposed
- 44 Lawless person
- 45 Authenticating mark
- 46 Sash
- 47 Christmas song
- 48 Sweetheart
- 50 Equipment
- 51 Wan
- 52 Dell
- 53 Separate article
- 54 Ethereal
- 56 Doctor
- 57 Wrath
- 58 Convent dweller



Senior Answers and Services presents

## Elder Care Consulting Services

- On-Site Counseling for Employees
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[www.senioranswers.org](http://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.



## Act Locally During Global Volunteer Month

(StatePoint) April is Global Volunteer Month, a time to celebrate volunteers and inspire volunteerism in communities large and small.

Volunteerism is on the decline, according to research from AmeriCorps and the U.S. Census Bureau. And what's more, Points of Light, a global nonprofit dedicated to inspiring, equipping and mobilizing people to take action that changes the world, shared that 73% of people believe that volunteering is more important than ever, yet 66% think they can't make a big impact in their communities. During Global Volunteer Month, advocates are trying to change that perception at the local level.

"Volunteers are crucial to solving pressing challenges, creating vibrant communities and strengthening our social fabric," said Jennifer Sirangelo, president and CEO of Points of Light. "Every person has something to share or give."

To boost volunteer engagement during Global Volunteer Month, Points of Light is sharing the following ways you and your family can make a positive impact in your neighborhood or town:

**Spread the word:** Use the Global Volunteer Month toolkit, along with the hashtag #GlobalVolunteerMonth to thank volunteers. Be sure to tag a volunteer whose impact you appreciate.

**Take the pledge:** To show your commitment to volunteering, take Points of Light's pledge. Then, discover ways to get involved that support your favorite cause and availability using Points of Light Engage, a database featuring hundreds of thousands of volunteer opportunities worldwide, including some in your area. Remember that volunteering doesn't have to be through a formal organization. Lending a helping hand to a friend, family member or neighbor counts, too. In fact, 70% of volunteer work is carried out locally and informally, without the involvement of any organization, according to the UN.

**Expand your impact:** Learn about the Points of Light Civic Circle®, a framework that outlines the many forms of civic engagement. These actions include listening and learning, using one's voice, social entrepreneurship, volunteering, public,

national or military service, using one's purchasing power to express values, working, voting and donating.

Get inspired: Points of Light recognizes ordinary people doing extraordinary things to strengthen communities and solve persistent problems with its Daily Point of Light Award. Know an outstanding volunteer in your community? Nominate them as a Daily Point of Light by visiting [pointsoflight.org/dailypointoflight](http://pointsoflight.org/dailypointoflight), or to inspire others, share these stories of recent honorees:

**Daily Point of Light Award honoree T'Kiyah Threath** is a 21-year-old from Uniontown, Alabama, a town of just over 2,000 residents. She dove into service as a high school junior when she started working with C.H.O.I.C.E., an organization that ensures young people get needed resources. Three years ago, she became the first president of the Youth Advisory Council and began leading mentoring efforts, going above and beyond to find funds for a scholarship for a deserving mentee. Even after moving away for college, Threath returns to work with her own mentee while recruiting community partners and soliciting funding for programs.

**Daily Point of Light Award honoree Teresa Gerald** of Ridgeland, Mississippi, channels her passion for literacy into volunteer work through Friends of the Ridgeland Library, where she has held the elected position of president since 2014, contributing thousands of volunteer hours. Twice a year, Gerald manages, promotes and works the Friends of the Ridgeland Library Book Sale. When the library's funding was cut by \$110,000 in fiscal year 2021-2022, her fundraising efforts with Every Library Institute raised \$112,000 in emergency funds.

No matter the scale, Points of Light recognizes the spirit of volunteerism as a driving force of change around the world.

"We're celebrating volunteers around the world all month long, as well as calling on people to take action. Throughout April, lend your time, talent and passion to a cause you care about and invite others to join you, creating a ripple effect of change," said Sirangelo.

## Malley Recreation Center Happenings

3380 S. Lincoln St., Englewood, CO 80113

### Active Aging Expo

Check out the latest in resources for older adults! This free event offers information from 70+ agencies on topics including nutrition, wellness, active aging, local community services, aging in place, caregiving, safety and much more. Join demos to learn more about Malley exercise and arts programs. Light refreshments, door prizes and fun!

4/18 Th 2:00 p.m.-5:00 p.m.

Free; Registration required

### Social Security Basics

Join a representative with the Social Security Administration and review the basics of Social Security including retirement, disability, survivor & dependent benefits. Please note: this class may be broadcast live-virtually at the Malley Recreation Center or provided in-person depending on number of attendees. Many opportunities for Q & A, and very informative. Free; registration is required.

Location: MRC

4/5 F 10 a.m.-NOON

21460311

Free, Registration Required

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

DRCOG Services include Case Management, SHIP, Transportation services, In-Home services, and an Information and Assistance line to answer your questions and connect to resources. This one-hour program will be an informative overview of local resources available to older adults. Questions? Contact DRCOG: 303-480-6700. Presenter: Malorie Miller, Program Manager, Area Agency on Aging

4/9 T 11:00 a.m.- 12:00 p.m.

21461011

Free, Registration Required

### NEW! The Aging Eye 101

Vision changes occur as one gets older, but these changes do not need to affect lifestyle. Knowing what to expect and when to seek professional care can help to safeguard vision. Dr. Schuman of Mile High Senior Eye Care provides information regarding comprehensive eye exams to older adult communities as well as home bound people around Colorado. Presented By: Dr. Jessica Schuman, Mile High Senior Eyecare

4/30 Tu 1:00 p.m.- 2:00 p.m.

21462011

\$7/\$5

### NEW! African Drumming

African drums are played to communicate, celebrate, mourn, and inspire. Join Bob Hall with Think 360 Arts as he teaches the rhythm & beat of African drumming. Rooted in teaching the heart and soul of African drumming for over 45 years, Bob brings his studies and creative experience together in this weekly class.

4/8-4/29 M

21751611 11 a.m.-12 p.m.

\$51/\$42

### Rockies

Take me out to the ballgame! Join us for some good old-fashioned baseball this spring! Games are in the afternoon (1:15 start) and seats are prime located on the main level. Refreshments are on your own. Note: Cancellations for all games must be made by 3/30. No refunds after that date.

4/10 W VS AZ Diamondbacks

12:15-6 p.m.

22060211

\$48/\$38

### Highlands Stroll- Denver

Boutiques, wine shops, bookstores, popular restaurants, and bars radiate out from Highlands Square on west 32nd Avenue & Lowell Blvd. "LoHi" is characterized by a mix of old and ultra-modern architecture, and some of the city's most innovative restaurants. Take the afternoon to explore the shops and grab lunch with a friend. Lunch and shopping on your own.

4/1 M 10:30 a.m.-3:30 p.m.

22061811

\$26/\$21

### Lone Tree Arts Center-The Mouse Trap & Lunch

Agatha Christie's The Mousetrap is the ideal addition to the LTAC theatrical season. After a local woman is murdered, the guests and staff at Monkswell Manor find themselves stranded during a snowstorm. It soon becomes clear that the killer is among them, and the seven strangers grow increasingly suspicious of one another. This record-breaking murder mystery features a brilliant surprise finish from Dame Agatha Christie, the foremost mystery writer of her time.

Before the show, we will head to Newk's Eatery for lunch on your own; Menu Range: \$12-\$20. No refunds after 3/10.

4/17 W 11 a.m.-4 p.m.

22062111

\$72/\$6

### Parker Arts Lecture Series: Colorado's Last Grizzly- Parker

Did you know that the Denver Museum of Nature & Science has over 4 million objects stored in an underground state-of-the-art collections' facility? These collections are vital to understanding CO history. John Demboski talks about the importance of these collections and presents some truly interesting nuggets from the Museum's Zoology collections including the wild story of Co Last Wild Grizzly, and more! Dinner beforehand on your own at the TX Roadhouse. Menu range \$15-\$35. No refunds after 3/10.

4/3 W 3:45-8 p.m.

22062011

\$24/\$20

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

**Island Breeze Bash**

Join your friends at the AAC's tropical oasis and sway along with hula dancers. Enjoy an ono (delicious) Hawaiian-inspired lunch. Dress in tropical attire if you like! Sign up early for this fun event to be held on Friday, April 12th, cost is \$20. Register by calling 303-205-7500.

**Gentle Yoga** – New evening classes added

In this 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 Mari McKinny on Mondays from 6-7pm; Lisa Toyne on Tuesday evenings from 6-7pm and Pamela Ewald on Wednesdays from 6-7pm. Cost for each monthly session is \$25, call 303-205-7500 to register.

**Movie Matinee**

Enjoy the movie "Jules" on Thursday, April 18th 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, April 18 - Book: The Girl Behind the Gates by Brenda K. Davis

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 offered on Monday mornings. Cost is \$37 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 Day and Night!!!**

*"This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success." Joshua 1:8 (KJV)*



**Dr. Armington**

What time is it in your life? What are you experiencing? Are you able to see the end of what you going through? Can you tell the difference between the situations you are in? Is it day or night? Today, your day and night has come to the point where you will be able to see your way out. Your process has to change, in order for your situation to change. When this takes place your night will turn day.

Here is the key to the victory you are longing for! Don't let this

book of the Law depart from your mouth but you shall meditate in it, (The Word of GOD) DAY and NIGHT that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have success. Have I not commanded you? Be strong and of good courage, do not be afraid, nor dismayed, for The Lord your God is with you wherever you go. There is no failure in God, rather day or night!

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.

**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.

**NEW: Expo – 50+ Job and Volunteer Expo:** Thursday, April 18, 9-12 pm

Whether you're looking for a paid or volunteer job, extra income, or new challenges, talk to several agencies looking for seasoned workers or volunteers. Local employers will provide information for volunteer and paid positions and take job applications for persons aged 50 and over. Participants completing the expo are entered in a drawing for prizes, including gift cards. This event is free to the public, but please register in advance. Potential vendors call 303.467.7197 for information and fees.

**Billiards Social:** Monday, April 1, 6 pm

Come play and socialize with others while receiving tips from an instructor. \$13 (\$16 non-res.).

**Bingocize:** Tuesdays and Thursdays, April 2-May 30, 10:30 am

Learn the benefits of Bingocize, an evidence-based health promotion program that strategically combines the game of bingo, health education, and exercise. Bingocize combines exercise and health information with the familiar game of bingo, a great, fun way to move and socialize. Please register in advance. \$20 (\$25 non-res.).

**Neighborhood Nightflix:** Friday, April 5, 6 pm

Celebrate all things baseball by taking the family out to see the 1993 version of The Sandlot. Rated PG. This event will take place inside the Community Recreation Center in McCormack Hall. Bring your blankets, camping chairs, and picnic items. Additionally, we will have concessions available for purchase. Pricing is per person; under 2 years old are free. \$5 (\$7 non-res.).

**Adult Trip** – Littleton Museum: Thursday, April 11, 9 am

Join us for a trip to the Littleton Museum. Their living history farms offer a peek into life on the Front Range of Colorado in the 19th century. After the museum we will have lunch at the Platte River Bar and Grill. \$25 (\$30 non-res.).

**AARP Scam and Fraud Protection:** Monday, April 15, 11:30 am  
 Join AARP ElderWatch for an interactive presentation that will inform you about the most common scams targeting older Coloradans. Come with your questions. Free, but advanced registration is appreciated.



**Governor Polis Reveals Strong Economy in the Future**

In March, the Governor's Office of State Planning and Budget released its quarterly economic forecast which showed Colorado's continued economic growth. "Colorado continues to lead the nation with strong economic growth and unemployment below the national average. Our focus on continuing to strengthen our workforce and saving Coloradans money on housing, education, healthcare, and more will drive an even more dynamic economy while protecting our reserves and the financial strength of the state," said Governor Polis.



OSPb has revised up its economic growth expectations from

the December forecast due to elevated consumption in the fourth quarter of 2023. Real disposable income is positive and outpacing pre-pandemic growth as inflation is resettling more quickly. The economy is expected to avoid a contraction as consumer demand holds firm, in large part due to services spending and increased investments as the Federal Reserve begins to cut rates.

In FY 2023-24, as a result of General Fund growth expectations and Colorado's strong economy, TABOR refunds are expected to total \$1,994.8 million, a \$343.5 million upward revision from December. General Fund revenue is revised up \$308.9 million in FY 2023-24, largely a result of stronger than anticipated corporate income revenue, with smaller upward revisions in individual income, insurance, and interest income. General Fund revenue is expected to grow 5.8 percent to \$19.1 billion in FY 2025-26 due to stable growth in income and sales revenue as the economy grows at potential GDP.