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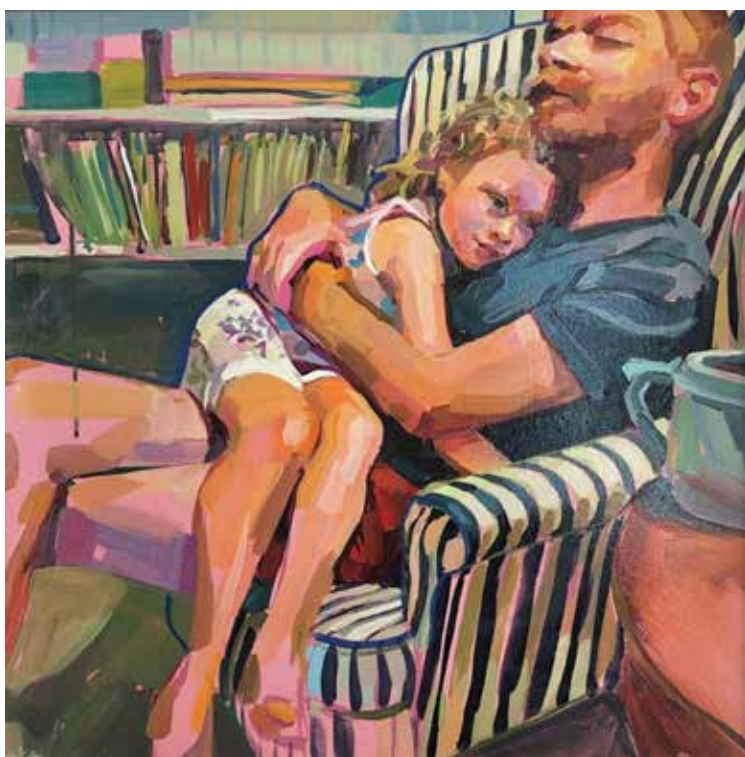
April 2023 • Volume 29 • Issue 4

The Beauty of Everyday Life at Lincoln Center

Daily Chronicles focuses on the beauty and simplicity of everyday life and features the work of four artists. The exhibit will be on display through April 15 in the Lincoln Center Art Gallery.

The included artwork by these four artists guides the visitor through a seemingly mundane narrative in a way that stirs intrigue.

Inspiration strikes from everywhere, but Teddi Parker from Fort Collins finds displaying the beauty in the everyday and ordinary to be surprisingly exciting as shown here.



Teddi Parker, Morning Snuggle

Teddi Parker, a Fort Collins based painter, has been painting almost

daily since 2014. Her passion for painting started at a young age and was greatly encouraged by her family throughout her early life. She is now making up for the lack of formal artistic training and is currently learning how to better evoke emotion through vibrant use of color. What started out simply as a hobby (and a means to cover the empty walls of her friends' apartments) has sprouted into a discovery of the power of beauty through painting.

Andrew DeCaen from Denton, TX, uses drawing, printmaking, and sculpture to examine rituals and habits surrounding the space, time,

and manner in which people eat, prepare, and acquire their meals.

Morgan Ford Willingham from Emporia, KS, alludes to the intimate daily circumstances between her daughter and her, and the historical and cultural influences that shape us both.

Whitney Sage from Naperville, IL, focuses on the sprawling neighborhoods of Detroit and Highland Park, Michigan, many rendered endangered and unrecognizable due to generations of disinvestment and abandonment.

The Lincoln Center Art Gallery is free and open to the public Wednesdays and Fridays, 12–6 p.m. and during most live performances.

Easter Origins & Traditions

No one is 100% sure where the English word 'Easter' came from! In every other European language, the word for the festival of Easter comes from a variation of the word 'Passover.'

One theory is that the word Easter comes from the Anglo Saxon month 'Eostremonath,' which was about the time of April, when the Christian festival was held.

Another theory (and the most likely) is that the term 'Ostern' actually came from an early Latin term for Easter week 'hebdomada alba' (which means 'white week'). So Easter became known as 'Ostern' in German and then 'Easter' in English.

The Passover festival dates about 4,000 years ago when Jewish people remember that God saved them from slavery in Egypt. Jesus celebrated the Passover in the first month of the Jewish New Year (14-15 of the month of Nisan). The Jewish calendar follows the cycle of the moon, so the date changes a bit every year.

The first Jewish Christians added Easter celebrations to the Passover festival and because Jesus rose from the dead on a Sunday, so Easter Day became the first Sunday after Passover. Easter is celebrated around the same time of year that Jesus was slain at the time of the Jewish Passover festival.

Since its origins, Easter has been a time of celebration and feasting and many traditional Easter games and many customs developed, such as egg rolling, egg tapping, pace eggging, cascarones or confetti eggs

and egg decorating. Today Easter is commercially important, seeing wide sales of greeting cards and confectionery such as chocolate Easter eggs as well as other Easter food such as turkey or ham. Even many non-Christians celebrate these features of the holiday while ignoring the religious aspects. Nowadays child entertainers and kindergartens invent various new Easter games, often adapting well-known games to Easter topics, such as word puzzles involving Easter-related words. Courtesy of Wikipedia



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APRIL Calendar

Monday/3

AARP presents a free virtual program on “Fitness: Build Balance and Mobility” at 9:15 am on Zoom. This series of 45-minute mobility classes will focus on exercises that boost flexibility, muscle strength, coordination, balance and heart health with a goal of improving your overall performance of daily activities. Please register to obtain the Zoom info at email: txaarp@aarp.org.

Tuesday/18

AARP presents a free virtual program on “How Protect Yourself Against Scams” at noon on Zoom. This presentation will help you learn how to spot fraudulent activity or attempts to steal money or personal financial information, increase your awareness of the different tactics scammers use to target individuals, and cover the types of information shouldn't be given out over the phone or internet. Please register at email: flaarp@aarp.org.

Thursday/20

The Colorado Gerontological Society presents a free program on “Aging in Place: Living in a Community With an HOA” by Eileen Doherty at noon on Zoom. Join Eileen as she discusses the pros and cons of living in a shared community with an HOA. Please register to receive the Zoom info at www.senioranswers.org/how-to-successfully-age-in-place/.

The Larimer Genealogical Society presents a free monthly program on “Peopling Colonial New England: 1620-1787” by John E. Putnam at 6:30 pm on Zoom. John discusses where and how to look for your ancestors in this area and how the population pressures in Colonial New England continually pushed the borders outward. Please register on their website at www.lcgsc.org for the Zoom info and handout.

Thursday/27

The Alzheimer's Assn. presents a free program on “Effective Communication Strategies (virtual)” on Zoom at 11:30 am. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Please register at 1-800-272-3900.

Check with individual venues for current information.

Calendar sponsored by...

Beyers Law

The Kindness Dialogue

In the course of daily life, it is inevitable that friends, partners, or spouses will come to disagreements if they live or work together long enough. Yet, as they wonder what to do next, they may ask, “What are the rules? What or who determines the outcome? Who wins? Who loses?” They will not find any guidelines. They'll likely wind up “flying by the seat of their pants.” That term comes from the early days of learning how to fly an airplane. With no experience, young aviators did whatever came to them “by guess or by gosh.”

So it is with most people who try to muddle their way through to resolve disagreements. Often, they repeat behaviors learned in their families and/or communities. While most refrain from physical conflict, verbal violence can still result in lasting psychological damage.

At the heart of the matter is this: one important behavior is not usually considered, empathy—the ability and willingness to understand the other, and to vicariously experience what they are feeling.

Enter a new concept: I will actively work towards behavior that the successful conclusion to a conflict will be a function of how much kindness my counterpart experiences as we draw the conflict to a close. This idea of this conclusion blows the minds of those who first hear it.

The phrase goes “Do you want to be right, or to be close?”

The Kindness Dialogue can be traced back to people like The Dalai Lama, St. Francis of Assisi, or someone as contemporary as Princess Diana.

The key factor is to manifest kindness in the midst of conflict. It may be the only way for humanity to prevent its extinction.

Fort Collins retired psychiatrist, Dr. Chris Hageseth has recently founded, The Kindness Dialogue. See his website: www.the-kindness-dialogue.com.

Find Einstein



Can you find the hidden Einstein in this paper?

Veterans Echoes

Thank You For Remembering. Never Forget



Brad Hoopes

The new plaza will be located at the entrance of the Loveland Sports Park off of Boyd Lake Road.

The idea behind the plaza began when a group of friends, who graduated from Loveland High in the 60's, wanted to enhance a memorial placed at the school by the school's JROTC with a Vietnam-era monument honoring their classmates who served then. That initial idea then expanded to honoring all Loveland veterans who have served, which was embraced by the Loveland Parks and Recreation Dept and led to its present location. The Plaza will not only include that

initial Vietnam-era monument, but also monuments dedicated to all the various conflicts. The projected cost of the Plaza is \$1.4 million with an optimistic completion date of November 11, 2024...Veterans Day.

Organizers have a multi-faceted vision of the Plaza. A location that is educational and informational to the general public. A venue that gives the people of Loveland a place to hold events to honor our military veterans for their service and sacrifice to our country. And lastly, and maybe most importantly, providing a place for remembrance; healing; and sometimes closure for family, friends and veterans.

To learn more about the plaza, please visit the website: www.LovelandVeteransPlaza.org. If you would like to make a donation, you can do so via the website or send checks to: Loveland Veterans Plaza, 1917 River-view Dr. Berthoud, CO 80513



Pets Are Family

How Pets Improve Mental Health



The American Veterinary Dental Society reports that 80 percent of dogs and 70 percent of cats show signs of oral disease by age three.

is a foreign object that they won't tolerate at first. If you have a puppy or a kitten, it's best to familiarize them at a young age. If your pet is older, however, patience, persistence, and positive reinforcement are key.

Maintaining your pet's oral hygiene is an important preventative measure that heads off bad breath, tooth loss, oral pain, and other health conditions caused by dental disease. Many dental issues in pets go unnoticed, so it's important to take a peek in your pet's mouth and check for red/inflamed gums, stained or tartar-covered teeth, and abnormally bad breath. Loss of appetite is also a common sign.

Clean your pet's teeth at least twice a week. Start by easing into the process. Allow your pet to sniff and lick the toothbrush, rewarding them with treats and praise before attempting to brush their teeth. Once they seem ready, use an adaptable brush that goes over your finger, or a pet-specific toothbrush and toothpaste, to gently brush their teeth. Focus on the gum lines and the back molars - this is where most plaque and tartar build up. Keep sessions short and gentle. Incorporating daily dental chews and dental-friendly diets can help between brushings. Be sure to speak with your veterinarian about dental health solutions that are best for your pet.

How to prevent dental disease? It's recommended that pets visit the veterinarian for an annual dental check-up. In the meantime, there are preventative actions you can take at home. One of the biggest struggles in maintaining pets' oral hygiene at home is their tolerance level. For most pets, a toothbrush

Thanks for reading! Visit larimerhumane.org to learn more!

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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.

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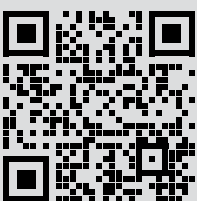
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Social Security Today

How We Protect You From Misleading Advertising And Communications

Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. Section 1140 of the Social Security Act allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at www.ssa.gov/OP_Home/ssact/title11/1140.htm.

For example, the OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and

publications without our written approval.

- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the communication as you can.

Here's what you can do:

- For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link – and how you came across it.
- For emails and text messages, please capture the entire message and any message links.
- For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.

• For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at oig.ssa.gov. You can also call our fraud hotline at 1-800-269-0271 or send an email to OIG.1140@ssa.gov.

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication, What You Need to Know About Misleading Advertising, at www.ssa.gov/pubs/EN-05-10005.pdf.

Please share this information with friends and family and help us spread the word on social media!



Free Caregiver Toolkits are now available through the Larimer County Office on Aging's Family Caregiver Support Program. This kit includes a description of services and application form, a list of caregiver support groups, and general brochures regarding caregiving issues. Call the Office on Aging at 498-7750 for more information and a free copy.



You're Invited to a Hearing Wellness Seminar!
May 4, 2023 11am-1pm
Ptarmigan Country Club
5416 Vardon Way, Fort Collins, CO 80528

We have our teeth and eyes checked regularly, but what about our ears? Your hearing is one of your most important assets. Maintaining good hearing is vital to staying healthy throughout life.

- Participants receive a complementary hearing screening prior to the seminar
- Signs of hearing loss
- Risk of untreated hearing loss
- Review and answer questions about hearing screening results
- Open forum discussion on hearing loss and hearing aids

Call today to reserve your spot for you and a guest! Space is limited.

(970) 221-5249



Susan D Baker, BS, BC-HIS. Owner and Hearing Healthcare Provider



Bringing the Joy of Natural Hearing Back to Everyday Life

Beauty And The Beast Jr.

Colorado Early Colleges Fort Collins, is presenting their very first musical production, Disney's Beauty and the Beast Jr.

The Northern Colorado high school provides tuition-free college courses as well as many industry trade certificates. Many of CEC students graduate with their associate degree upon completion of their high school diploma.

Theresa McCreery teaches choir and guitar at the charter school. As the vocal music program continues to grow in numbers and skill, she knew it was time to take it one step further and allow students to enroll in a musical theatre class.

Beauty and the Beast was chosen because it involves a large cast with both male and female principal leads.

There are over 50 students in the cast/crew. The primary goal of the production is to have it be student-led. "Students are taking part in creating the theatre program at CEC and are involved in every aspect from start to finish.

The challenge has been generating something from scratch and fundraising for sound equipment, lighting, set design, and costumes. I am astonished at the generosity of our community. So far, we have raised over \$7000. Candlelight Dinner Theatre has graciously donated the

use of their Beauty and the Beast costumes. That alone, has saved us thousands in rental fees."

Matinee and evening performances are April 14 and 15 at CEC Fort Collins High School. Tickets can be purchased at <https://cecfc.ludus.com/200434655>

We Love Your Paper!

Heard from attendees at every resource fair 50 Plus attends

Northern Colorado Drug Task Force Promotes Education & Family Support



The adolescent years are a time of testing boundaries, seeking independence, and for many young adults, drug experimentation. Access is also easier than ever, and anyone with a smartphone can order through social media and get drugs delivered, all done anonymously. But when it comes to substance use, popping pills can come with deadly consequences.

The Northern Colorado Drug Task Force (NCDTF) routinely witnesses the devastating impact of fentanyl

and other dangerous drugs. Investigators respond to dozens of overdose deaths each year, and they've watched that number

increase as counterfeit prescription pills laced with fentanyl have flooded the region.

In 2019, NCDTF seized 10,066 fentanyl doses. In 2021, that number climbed to 155,738, then nearly doubled in 2022 as NCDTF seized 303,159 doses. The street price for pills ranges from \$2 to \$10 each, and a single dose can result in death.

As community members themselves, NCDTF investigators have

a personal investment in the safety of our region. Not only do they get a firsthand perspective on the harm that fentanyl inflicts, their work also brings them face-to-face with a sobering reality: this lethal drug impacts people of every age, race, gender, income level, housing status, and lifestyle.

As they continue working to disrupt the flow of illicit drugs in Northern Colorado, investigators also want to raise awareness and support families impacted by overdose deaths. In 2021, NCDTF responded to 48 overdose deaths, with fentanyl suspected in 13 of those cases. In 2022, 35 out of the 51 overdose deaths involved suspected fentanyl.

One undercover investigator shared a sentiment that resonated with many of his law enforcement colleagues: "Too often, our society disregards the loved ones who get left behind. It doesn't matter what choices a person made when they were alive. They were still somebody's child, spouse, sibling, parent, friend. We can't forget that!"

When they met the founder of Voices for Awareness at a statewide training in 2022, NCDTF investigators saw an opportunity. The non-profit offers education and provides a platform to memorialize loved ones lost to fentanyl and other drugs. NCDTF investigators developed a business card with information about this program, which they now provide to family members following an overdose death. While this resource cannot reverse the irreparable damage done by drugs, it gives families a voice and puts real faces to the fentanyl crisis. Visit their website at www.voicesforawareness.com.

"Law enforcement can't solve this problem alone," said NCDTF Commander Lieutenant Mark Hertz. "We need parents to start the discussion at home. We need to help people struggling with addiction access local recovery resources. We need to support grieving families. If we're going to make an impact, we need our community to turn up the volume on the fentanyl conversation."

Elder Law Q & A

Spousal Impoverishment Standards for 2023



Bill Beyers

The spousal impoverishment thresholds will increase 8.2 percent over 2022's figures. The official spousal impoverishment allowances for 2023 are as follows:

- Minimum Community Spouse Resource Allowance: \$29,724
- Maximum Community Spouse Resource Allowance: \$148,620
- Maximum Monthly Maintenance Needs Allowance: \$3,715.50

In Colorado, the community spouse (the spouse not in the nursing home) is entitled to keep the maximum resource allowance. The minimum monthly maintenance needs allowance increases to \$2,288.75. The monthly maintenance needs allowance is the amount of income the community spouse is allowed to

keep each month. If the community spouse's income is below the minimum amount, a portion of the institutionalized spouse's income can be shifted to the community spouse to bring that person's income up to the minimum amount.

Spousal impoverishment is a concern for older couples when one spouse needs long-term care and applies for Medicaid. If one spouse requires care in a skilled nursing facility and the other remains at home, the spouse at home might face significant financial hardships.

The high costs of nursing homes combined with Medicaid's strict income and asset requirements risk leaving the community spouse with little income and assets. The spousal impoverishment rules are designed to insure that the community spouse has at least a minimal level of income and assets with which to live.

Estes Park Hosts Bigfoot Days on April 14 & 15



Dr. Mireya Mayor

of documentaries. Mireya currently stars in Travel Channel's hit series, Expedition Bigfoot.

Matt MoneyMaker is the founder and president of the Bigfoot Field Researchers Organization, a place for researchers to share their findings and for people to report sightings of the mysterious creature known as bigfoot. He was host and team leader of Animal Planet's popular documentary series Finding Bigfoot, which ran between 2011 and 2018.

Estes Park Bigfoot Days presented by The Highland Bard and the Highland Coffee Company celebrates all things Squatchy. The weekend kicks off with a \$90 ticketed dinner on Friday, April 14 with Bigfoot Television Celebrities, and concludes with a free festival in Bond Park on Saturday, April 15. The festival includes talks from the Bigfoot TV Celebrities, live music, axe throwing, inflatable games, craft and food vendors, a Bigfoot calling contest, Bigfoot sighting stories, and much more!

Bigfoot celebrities include Dr. Mireya Mayor is hailed as the "Female Indiana Jones," Dr. Mayor is a world-renowned primatologist and explorer, an award-winning TV host, and a recognized science communicator. As National Geographic's first female wildlife correspondent, Mireya has hosted dozens

Jacob "Buck" Lowe (expert caller) and Jeff Headlee (researcher) are core members of the Appalachian Investigators of Mysterious Sightings Team (AIMS). For generations alleged sightings of Bigfoot have occurred in the Appalachian Mountains and these hunters investigated them.

On Saturday, April 15, there will be a screening of the Beast of Bray Road and Bigfoot. The screening of this short documentary will be held at the Historic Park Theater at 3:30 p.m., and there will be commentary by the Filmmakers before the screening. Admission is free.

For more information, please visit our website at www.EPBigfoot.com or call the Estes Park Events Center at 970-586-6104.



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He Honors And He Remembers

And HE is Brad Hoopes and accomplished author, writer and speaker with an admirable dedication to being of valuable service to veterans of all branches in helping them to recall and share personal stories about their military service. This includes men and women veterans and families.

These stories are a vital to our history and deserve to be told to preserve for others now and certainly in the future. Whatever the veterans' story is, there is only one who can share it. That is the veteran himself or herself. It is their story!

Brad has personally interviewed over six hundred veterans. He provides the veteran with a personal CD of the interview. He has authored a book "Reflections of Our Gentle Warriors" which is a collection of World War II Veterans

which is available for sale.

Recently, at the invitation of John Lee, Sales Manager at Sugar Valley Estates, in Loveland, Brad Hoops spoke to an audience of veterans, friends and families about his veterans' honor and remember project. His presentation was quite enlightening and interesting and prompted veteran audience members' memories to be jogged. Several stories were shared then.

To learn more about Brad Hoopes and his Honor and Remember Project, please visit www.rememberandhonor.com And, please look for Brad's monthly column in the 50 Plus Marketplace News Larimer Edition.

*By: Michael Buckley
Associate Publisher*



A chat with Brad after his presentation

Genealogy Rocks!

Colorado Genealogical Society (CGS) Celebrates 100th Anniversary

The Colorado Genealogical Society (CGS) will celebrate its 100th Anniversary next year. It is the largest and oldest such society in Colorado. It has transformed itself several times over the years. In the beginning it was a tea-time organization meeting in a member's living room. Members had to be voted in to join.



Carol Darrow

for societies when we could "do it ourselves" using FamilySearch.org and Ancestry.com. CGS soldiered on, gaining rather than losing members. People still saw a need for organizations and support of its members as they sought out their family history.

Then in 2020, we could no longer meet in person. How would CGS and the rest of the genealogical community survive? We all found a way through ZOOM, the electronic meeting place that serves not only our members but visitors from all over the country.

Now in 2023, we have to find our way forward. Will we meet again in person or will we be strictly on ZOOM? Is there a hybrid solution that will please everyone? And who will guide us into the future? There must be people willing to work within the organization to plan, execute, teach, finance, and publicize an organization for it to survive. How can you help your organization? Are you willing to volunteer?

Carol Cooke Darrow has been a member of CGS for 20 years. She currently teaches free Genealogy 101 classes and facilitates the WriteNOW genealogy writing group on ZOOM.

Reflections

An incidental meeting



Martha Coffin Evans

we were North Americans.

There, in the Queenstown, NZ TravelLodge dining room, our decades- long friendship began that July. I mentioned about wishing to go skiing too as they were Coronet Peak bound. Although I didn't have appropriate attire, Allan offered a solution. "Use Norma's parka," he said about his wife's jacket.

We traveled the shelf road, reminiscent of Eldora, to that ski field. After a token effort at skiing, we headed back to town. Allan suddenly stopped the car. "Get the Christmas Cake out of the boot," he told son Michael. Sitting there in the middle of the road, we enjoyed our cake and tea amidst the softly falling snow.

Over the decades, we sent calendars – theirs from NZ and ours from either my Colorado or California homes. Soon, visits became added to our incidental meeting, these times

"May we join with mom Norma and later with your table," we asked the father and young son. Allan, the father, immediately said, Yes. "Are you from Nixon or Trudeau Country?" he queried knowing Michael as well.

One time, we watched Princess Diana's funeral service in our home before heading to Long Beach to board the Great White Steamer for Catalina Island. We later shared Palm Springs and the Tramway.

After we moved back to my Colorado home, Vail became an added experience. Meeting in Taos. New Mexico later became another adventure.

Over these years, we've shared our friends, vacation spots, stories, meals, miles of laughter, and, Christmas Cake in their Christchurch home. With Norma now gone and Michael, married with two young children, we've still stayed connected.

Recently I called Allan on his 95th birthday. We picked up our conversation as though time hadn't passed.

How fortunate we were to ask to join their table those years ago. You never know where answers will lead.

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

NEED HELP NAVIGATING MEDICARE?



State Health Insurance Assistance Program (SHIP) is a local resource that provides unbiased help with Medicare. SHIP can help with:

- Enrollment.
- Plan comparison.
- Cost and coverage.
- And much more.

SHIP counselors are available in Fort Collins, Loveland, Greeley and Estes Park. All counselors are screened, trained and certified by Centers for Medicare and Medicaid Services (CMS).

**Contact the UHealth Aspen Club for assistance:
970.495.8558 or 970.495.8560.**



uhealth

Frontier Access & Mobility Offers Accessible Vans & Mobility Modifications

If you use a wheelchair, getting out and about can be a challenge. Having a wheelchair accessible vehicle gives you great freedom as a passenger or even a driver. If you are not using a wheelchair, but you are looking for other aids or adaptations that allow you to drive, or simply ride in a vehicle more easily, there are many solutions to help.

Many people have mobility issues in their hands or feet that make driving difficult. Mobility driving aids can be added to virtually any vehicle to make it easier for you to operate the vehicle. The addition of a spinner knob to the steering wheel can make steering much easier using one hand. Hand controls can replace foot pedals for those with issues in their feet or legs.

For more complex mobility issues, high tech electronic driving controls be fitted to replace the full gamut of driving functions normally operated mechanically with your feet or hands. For most people, working with an occupational therapist or driving rehabilitation specialist is the best way to source the correct equipment, obtain a prescription when needed, and to access training to learn how to safely operate the vehicle.

If you need to transport your power wheelchair or scooter, a specialized mobility equipment lift may be

retrofitted to your vehicle. These lifts are motorized to pick up the device and place it in your trunk, truck bed or back of your van for transportation. Not every vehicle can accommodate the lift. You will want to seek the advice of an adapted vehicle dealer for details.

If you find it difficult to get in and out of your seat, consider replacing the seat with a specialized adaptation seat that swivels, lowers and raises to provide easy access. Seats work in many different models of vehicles.

A transfer seat is an intermediary seat that allows a wheelchair user to transfer more easily from the wheelchair to the vehicle. This may be used for people who use a wheelchair but are able to drive from the standard vehicle seat.

Frontier Access & Mobility has vehicle specialists who can create a solution that will allow you comfort and safety for your transportation needs. We evaluate, install and service vehicle modifications at both our locations, in Fort Collins & Cheyenne. Visit Frontier's website at FrontierAccess.com or call 800-868-7663.



Colorado Gerontological Society Salute To Seniors Returns In-Person May 20



Eileen Doherty

Denver, CO. Back by popular demand, the Salute to Seniors, a favorite expo for older adults is returning in person on May 20 and on May 21 on zoom.

The Salute to Seniors is the longest running statewide expo for older adults in Colorado. The Salute brings together older adults, companies offering services and resources to older adults and great entertainment for the enjoyment and pleasure of the Baby Boomers as well as, their families and friends. The theme for this year is Baby Boomers: When We Were Young.

The Salute to Seniors offers a great opportunity for participants to learn more about the community, where they can turn for help and a stress-free environment to do comparison shopping. Visit over 75 exhibit booths with information in

resources for services and programs.

Entertainment will include music, bingo, and other fun. The Forney Museum of Transportation will be showcasing automobiles from the 1950s.

Joining again this year is Adam Morgan, a broadcast media professional in the Denver area, who will emcee this year's event.

The Salute to Seniors will open at 9:30 am at the Denver Marriott Tech Center, 4900 S Syracuse, Denver. Admission is free. Parking and concessions are free, as well.

RSVPs suggested. Call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish). The Salute to Seniors will also return on zoom on May 21 from 11:30 am to 1:00 pm. Register at www.senioranswers.org.

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

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A New Way to Lower Your Grocery Costs

As food prices surge, usual strategies like clipping coupons can stretch your dollars. But you can take your savings to another level if you're open to what's known as "salvage food."

Salvage food is the stuff regular supermarkets pass on, items such as cosmetically flawed produce, dented cans, crumpled boxes, and products nearing expiration dates.

Rejected food turns up on supermarket clearance racks and at salvage grocery stores. Grocery Outlet operates 420 stores, mostly in the Western U.S. Sites such as Imperfect Foods, Misfits Market and Hungry Harvest offer home delivery of salvage foods.

Here's a quick overview of your salvage food options:

Molly Nicholie, executive director of an Asheville, North Carolina, nonprofit that works with local farmers, swears by these markets. Some deals she's found: cereal for \$1.98 a box (typically \$5-plus in a supermarket) and organic salad dressing for 98 cents a bottle (\$4.49-plus elsewhere).

Tip: Visit the website: buysalvagefood.com to find stores near you. Before buying, check items for problems such as mold on cheese and food that's far past its expiration date.

When I visit my local grocery store's "scratch and dent" rack, a big shelf in the back of the store, some great discounts are offered.

Tip: Don't worry about smashed boxes as long as the inner bag is sealed. Minor dings in a can are OK, but dents that are deep or along a can's seams can signal dangerous bacteria.

In September, I ordered items from Imperfect Foods and Misfits Market, which both focus on organic products. (Visit imperfectfoods.com and misfitsmarket.com to see if they deliver in your area.) All the food was high-quality, but prices were close to those of Whole Foods.

Tip: Check for deals at grocery stores near you through the Flash-food app. The selection may be more limited than those of the delivery services, but the savings are worth it. Article courtesy AARP.

Healing Warriors Program Welcomes New Executive Director

FORT COLLINS, CO / Healing Warriors Program, a 501(c)(3) nonprofit providing no cost, non-narcotic care to service members and their families, is announcing the retirement of co-founder and Executive Director Anna Pallés Yelen, who has been with the program since its inception in 2012. The Board of Directors appointed Chase Zajc to succeed Yelen as Executive Director on March 3rd, 2023 at which time he will also join the Healing Warriors Program Board.

Healing Warriors Program has been providing non-narcotic care for service members and their families since 2013. Ana Pallés Yelen along with co-founders Shelley Poland and Jane Trexler. Through Ana's leadership, Healing Warriors has grown its service offerings, expanded its capacity to serve, and has provided over 30,000 sessions to service members and their families.

"On behalf of the Board of Directors, staff, and donors, we want to thank Ana for her dedication and leadership, and wish her well in her retirement," said Nadine Trujillo-Rogers, Board President. "Although Ana will truly be missed, we believe that Chase is the right person to lead the organization forward and build on the success that has been developed over the last decade."

Chase Zajc has worked in the behavioral health and nonprofit industry since 2009. Chase has a deep passion and understanding for serving others. Through progressive leadership positions in both Illinois and Colorado, Chase has learned the importance of giving back to others. Chase says, "I am honored to be a part of Healing Warriors Program and to serve those that have sacrificed so much for our country."

Ana, the Board of Directors, and the Healing Warriors team have created an exceptional place for service members and their families to thrive. I am humbled to be selected for this position and will strive to continue Ana's great work and the mission of Healing Warriors Program."

"The past ten years have brought us from a proof-of-concept, to a well-established clinic serving thousands of Service Members and their spouses/partners and parents along the Colorado front range and southern Wyoming. Since inception, we have held true to our values and commitment to our mission, making every decision by asking the question, "What is best for the Service Member?" I am so very excited that Chase Zajc has joined our team as our new Executive Director, leading our organization into the next chapter of growth. His behavioral health and organization development background, along with his passion for the mission, will provide our Veterans with new opportunities for much-needed support."

Healing Warriors Program is a registered 501(c)(3) nonprofit with a standalone clinic in Fort Collins, and monthly pop-up clinics in Colorado Springs, Denver, and Longmont. Healing Warriors Program focuses on suicide prevention for veterans using three modalities of non-narcotic care: Healing Touch Therapy, Acupuncture, and Craniosacral Therapy. Healing Warriors Program is a registered VA Vendor, and Guidestar Platinum Charity.

Contact:
Chase Zajc, Executive Director
1044 West Drake Road, Ste 202 |
Fort Collins, Colorado 80526
HealingWarriorsProgram.org
Phone: (970) 776-8387

Easter Quotes

"Easter is meant to be a symbol of hope, renewal and new life"

"The great gift of Easter is hope."
Basil C. Hume

"Unless there is Good Friday in your life, there can be no Easter Sunday." Fulton J. Sheen

"The entire PLAN for the future has its key in the resurrection." Billy Graham

"I believe in Christ, like I believe in the sun---not because I can see it, but by it I can see everything." C.S. Lewis

"I still believe in Santa, the Easter Bunny, the Tooth Fairy and true

love. Don't even try to tell me different." Dolly Parton

May the holy spirit of Easter fill your home with hope, love and peace. Happy Easter

Here's hoping you have a fun, sunny, memorable Easter.

"Bunny kisses, Easter wishes."

"The day the Lord created HOPE was probably the same day He created SPRING." Bernard Williams

"Easter always puts a spring in my step."

"All I need is love, but a little chocolate now and then doesn't hurt"
Charles M. Shultz

Can you hear me now?

Better Hearing Month Educational Seminar



Susan Baker

Asking people to repeat words. When your brain hears someone speaking but does not understand what is being said. Hearing people mumble. The clarity and detail of speech is missing. Having trouble following conversation with competing sounds. Such as in restaurants, crowds, and family gatherings. TV and phone calls are difficult to hear. Responding inappropriately in conversation. You think you heard one thing but the person who is speaking said something else. Ringing in your ears—Tinnitus. Do you experience ringing, buzzing, humming, crickets, or whooshing? 80% of people who report tinnitus have hearing loss.

Hearing loss can be related to or cause the following health conditions such as dementia including Alzheimer's Disease, heart and kidney disease, and psychological and social issues.

Hearing loss treatment has shown to improve earning power,

communication in relationships, intimacy in family relationships, ease in communication, emotional stability, sense of control over life events, perception of mental functioning, and physical health.

You are invited to our Better Hearing Month Educational Seminar, May 4, 2023, 11 am to 1 pm. Ptarmigan Country Club, 5416 Vardon Way, Fort Collins, 80528. Please call (970) 221-5249 to reserve your spot for you and a guest.

Learning objectives:

- Participants will receive a complementary hearing screening prior to Educational Seminar
- Signs of hearing loss
- Risk of untreated hearing loss
- Review and answer questions about hearing screening results
- Open forum discussion
 - o Hearing loss
 - o Hearing aids

Susan Baker is the owner and operator of Advanced Hearing Services in Fort Collins. She has been helping people with hearing loss and tinnitus for the past 23 years. Please call (970) 221-5249 for your free consultation.

Technology is Hip! The Future of Web Browsing!



Bob Larson

On a recent 60 Minutes TV program, host Leslie Stahl interviewed several Microsoft executives on their new Artificial Intelligent (AI) Bing web browser. Both executives announced their updated Bing and Edge web browsers the previous week using Open AI's ChatGPT software. According to Stahl, over a million users have tried the new AI Chatbot program with much success! ChatGPT has been on the market for several months.

Besides Microsoft, Google is working on a new Chrome AI browser using Anthropic's Language Model for Dialog Applications technology and Opera has announced their new AI browser using the Access AI-generated Content platform. Even though these are new programs in beta testing, many improvements will be included during the next several months much like the military experiences in new military hardware or software.

Since Microsoft is using the Open AI platform, they also have acquired

a share of this dynamic company and will be using it in their Edge browser as well.

What is interesting about these new AI browser programs is it can literally create a white paper on most any subject from the Internet much like what Wikipedia does in using content from expert writers in any category! Microsoft Bing's program looks at all the different content on the Internet and summarizes it into a detailed white paper.

The educational organizations such as schools, colleges, and universities have a concern that many students will use this new AI platform to write their homework assignments or even a thesis without using their own research and creativity on any subject matter. Law enforcement may have some concerns too on creating scams and fraud using the new AI platform. However, all the web browsing companies have indicated they will prevent abusive use of the new AI web browsers.

This is another great use of technology for the human race! Bob Larson is a technologist and Marketing Director for 50 Plus!

Ron Stern's Travel Series

Golden's Table Mountain Inn



Ron Stern

Southwestern charm and hospitality.

If you've never been to Table Mountain Inn, you owe yourself a visit. A Golden, Colorado, landmark since 1925, this delightful hotel exudes

lous! Using the freshest, locally sourced ingredients, their executive chef takes traditional Southwestern cuisine to a whole other level with his own gourmet touch.

Start with their crowd-pleasing favorite, the table-side flaming asadero cheese appetizer. The presentation alone is worth seeing as the fire shoots several feet into the air, perfectly melting the cheese. Served with green chili relish, pico de gallo, and handmade corn tortilla chips, this a must-have item. You can pair it with any number of their signature margaritas, cocktails, or craft beers.



Their location in the Rocky Mountains offers spectacular views of downtown Golden, the nearby foothills and Table Mountain. With 74 ample-sized rooms and suites, premium bedding, in-room dining, and locally sourced body and hair products, you can relax in luxurious bliss. My bed was so comfortable, I didn't want to get up in the morning.

The property has adobe-style, Santa Fe decor throughout the lobby, common areas and cantina. Tastefully placed artwork, tapestries, and accents line the corridors and adorn the walls and guestrooms.

One of the most unexpected things I found here was the cuisine at their Table Mountain Grill & Cantina, which was absolutely fabu-

You might have a hard time choosing between coffee cured short ribs, Rocky Mountain Ruby Trout, enchiladas or fajitas but make sure you save room for dessert. My favorite was the crème brûlée de elote with strawberry and bishochitos but the key lime pie with dulce vida resposado whipped crème was just as delicious.

The staff here is exceptionally well trained. Everyone I encountered greeted me with a smile and authentic western hospitality.



Say you saw it in 50 Plus Marketplace News

A Rare Bongo

The Potter Park Zoo in Lansing, MI described the bongo as "one of the most majestic and endangered members of the antelope family" in its announcement of the rare, recent birth of a female eastern bongo calf.

How rare are bongos? According to the zoo, only about 100 eastern bongos remain in the wild and about 300 bongos are protected in accredited zoos; "their ornate horns and vibrant orange coat make them a target for hunting and poaching."

A Rare Tongue

Just a month ago the Guinness Book of World Records declared Nick Stoeberl of Salinas, CA had the longest tongue in the world.

He wasted no time to seek a second award, visiting the Guinness offices in an attempt to set the record for touching his tongue to his nose. He didn't break that record and so he used his nearly four inch long lingua to set the record for removing five blocks from an unstable tower of 54 blocks in less than a minute.

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An Amazing Museum



(l-r) Gil Moon, Museum Visitor; Loveland Mayor Jacki Marsh; Bette Moon, Museum Visitor; Mel Neal, Museum Host; Gary Hausman, 101st Airborne Veteran assisting visitors and answering questions.

Right here in Loveland, Colorado you will find a military collectibles museum featuring a wide variety of displays depicting WWII and other military conflicts. Dioramas, some with historically accurate scenes draw your attention and interest far beyond just a casual glance. They are exceptional in construction detail.

There is room after room of military miniature collectibles to look at, study and remember. Aircraft, warships, weapons, transportation, combat equipment, military uniforms and a wide variety of more keeps one's attention and curiosity as they leave one room and go on to the next.



WWII German U-Boat Model, Us Military Uniforms.

Recently Ward Construction hosted an open house fundraiser to support and benefit the Loveland Veterans Plaza to be built in Loveland. Open house visitor donations contributed to the fund-raising efforts.



B-17 Flying Fortress (Exceptional Model)

The late Frank Ward began collecting for his museum back in the 1970s. What he started and built is truly amazing and a must see.

For more information, please call Mel and Delores Neal 970-667-3137 or cell phone 970-593-2679.

Now is the Time to Prep Your Lawn and Garden for Warm Weather

It may feel like warm weather is still a way's off, but you should already be getting your lawn and garden spring-ready, according to experts.

"One thing I don't think people realize is that to get your grass, shrubs and other plants looking good in the spring...all that preparation starts right now," says Major League Fishing bass pro, Brian Latimer, or "Blat" as he is known by fans.

To help homeowners prep for spring, Latimer has partnered with lawn care equipment manufacturer, Exmark, to offer his four, go-to tips:

1. Pull Those Weeds. According to Latimer, the most important step in prepping your lawn and garden for spring is weeding. "I have a zero-tolerance policy when it comes to weeds," he says. "Watch those sneaky weeds growing in your shrubs and ground covers, because those are going to be the first ones that show their heads in the spring."

While weeding isn't the most fun you can have in your yard, it's worth the effort. Latimer also recommends putting a pre-emergent out now while cool-season weeds germinate. This is especially important if you have warm-season grass. While you can use pre-emergent on your planting beds as well, he recommends hand-pulling them if you can.

2. Tidy up with Selective Pruning. Pruning will make your shrubs look nice and tidy, however Latimer recommends being careful in your efforts, avoiding plants that are

budding. Pruning buds will keep your flowers from being as prolific in the springtime. You can check for buds by combing your hands through the foliage.

3. Get Rid of Pests. Certain spring pests should be treated for in the colder months. Latimer is especially wary of fire ants, as they're one of the most active lawn pests in spring. Treating them early will minimize their activity and mitigate potential problems they cause when the weather warms up. "I can promise you they are going to be everywhere in warm weather, so treat them now," he says.

4. Get Those Leaves up. Latimer knows that leaf blowing or raking is time-consuming, but he says that getting fallen leaves off the ground is essential. Not only are leaves on your lawn an eyesore, but they can also keep a lot of excess moisture from winter rain, snow and ice stuck in your soil. This creates the potential for root rot, active pests and germinating weeds.

Latimer offers more insights in "4 Tips to Prep Your Backyard for Spring," a recent video from Exmark. To watch the video, visit Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark videos.

There's no time like the present to plan for the future. With these great tips in mind, it's time to brave the brisk weather and get your lawn and garden prepped for spring.

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Spring Cleaning: Don't Toss That 'Junk,' It May Be Valuable!

It's time to hit the garage, basement, attic and closets for that age-old task of spring cleaning! Before hauling unwanted possessions to the curb, you may be surprised to learn they might be valuable -- especially if you have sports cards and memorabilia gathering dust.

With prices of sports cards rising in recent years, take time to determine if yours are valuable and how to best sell them.

"Older sports cards and memorabilia aren't just highly collectible; they can be worth lots of money. Recent sales of scarce vintage cards have topped anywhere from thousands of dollars to tens of thousands, even hundreds of thousands. And really rare cards can go higher," says Al Crisafulli, Auction Director at Love of the Game Auctions, an internet sports auction house that helps families identify and sell valuable items.

Crisafulli has assisted people in selling such keepsakes as a grandparent's autograph collection and an uncle's childhood baseball cards, for tens of thousands of dollars. In one life-changing event, he helped a family determine that a baseball bat that spent decades protecting their home was used by Hall of Famer Lou Gehrig -- and Love of the Game Auctions sold it for almost half a million dollars. Today, that bat could bring more than a million dollars.

The key is understanding what makes old sports collectibles valuable. To help, Crisafulli is sharing

some tips:

Older is Usually Pricier

Cards from the 1960s and earlier are collectible, and those from before the 1940s can be worth a lot of money, especially those depicting stars. Do you have cards of Hall of Famers, such as Mickey Mantle, Babe Ruth, Honus Wagner or Ty Cobb? Even non-stars from the early days of a sport can be worth big bucks, especially if the cards have no creases and retain sharp corners and original gloss.

If you have very old cards from the 1880s through the 1930s, look for tobacco, gum and candy brands, such as Old Judge, Piedmont, Sweet Caporal, Goudey or American Caramel.

If you want to sell sports items for the most money, consider a specialty auction, such as Love of the Game, which has the expertise to properly research sports ephemera and maintains bidder lists of collectors specializing in sports. More information is available at loveofthegameauctions.com.

Postcards and Photographs

We all have keepsakes of vacation destinations, but most aren't valuable. However, photographs and postcards depicting sports stars and ballparks can be significant. Look for early "real photo" postcards from the 1900s through the 1940s, which are photographs printed on postcard backs.

them. The event will also feature an overview of all the services and resources the Office on Aging has to offer.



Nicole Limoges

The Resource Connections for Seniors & Caregivers forum will be offered in person at the Larimer County Loveland campus (200 Peridot Ave.) on Wednesday, April 26 from 3-5 p.m. Space is limited so registration is required. Please visit larimer.gov/seniors to learn more and register. We can't wait to see you there!

The Larimer County Office on Aging is proud to be a resource for our community. If you have questions about caregiving, resources for older adults, or if you're just not sure where to start, you can email us at aging@larimer.org or call 970-798-7750. The Office on Aging can help you find the answers you need.

As with sports cards, star power matters, so preserve those Babe Ruths as opposed to images of your great grandma's baby cousin once-removed. And when it comes to photos, look for old markings on the back, such as photographer, publication and date stamps.

Memorabilia

Set aside old advertising posters depicting sports stars and food, tobacco or sporting goods brands. Ads from magazines aren't valuable, but those used as store displays and for other marketing purposes can be pricey. Tin signs from the 1960 and earlier can be highly prized, but reproductions aren't.

Your family's sporting goods, such as balls, gloves and bats, can be valuable. Pre-1950s uniforms and catcher's masks, helmets and other equipment are highly collected, especially when endorsed by star players. Top condition brings the highest prices, but even used equipment can be valuable.

"The golden rule is the older the sports card or item, the more valuable it usually is. Pre-1975 pieces start to get interesting and are worth researching," says Crisafulli.

Don't just clean out your "junk" this spring, examine it closely to potentially maximize its value. (State-Point)

TRADING POST

Events

Thursday weekly, the Fort Collins TOPS (Take Off Pounds Sensibly) group holds their meeting with weigh-in from 8:30-9:30am and the meeting starting at 9:45am.

Visit our weight-loss supportive group at Westminster Presbyterian Church, 1709 West Elizabeth Street, Fort Collins.

For more information contact 1-800-932-8677.

Visit the national TOPS website at www.tops.org

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Loveland Library to Feature Artists for The Art Advocacy Project



Loveland Art in Public Places has announced the seven artist selections for The Art Advocacy project, commonly known as TAAP 2D. The selected artwork is showcased in the Loveland Public Library's Central Galleria and will be on display through February 2024.

Congratulations to the following selected artworks: Snowbirds by Sharon Shuster Anhorn, Winter Mountains by Gloria Campbell, Peking Opera – Mei Lannfang Portr by Stephanie Coffin, G by Steven Caufield, Ribbons & Lace by Melinda Laz, Ceiling of La Sagrada Familia by James Lynxwiler, and Sunrise, Mesa Arch by Gordon Middleton.

Celebrating the 10th Anniversary of this project, the City has partnered with the Loveland Poet Laureate Program to create an interactive poetry element for the annual display. Seven local poets will write and display poems inspired by the seven works of art on exhibit.

Organizers believe the addition of poetry to this artwork display adds a wonderful component to this annual exhibit. Images and words combine, each enhancing the other. The featured poets are: The Snowbirds Gather by Veronica Patterson, A Mind of Winter by Lynn Kincanon, G by Evelyn Bingham, Queen of the Peking Opera by Roger Clark, Mary Janes by Celia Turner, Hallowed Be by Joanna Rago and Rise by Nancy Jakobsson.

On Saturday, April 15 from noon-2 pm, the Loveland Public Library will host a reception in the Library's Galleria. Artist talks and poetry readings will take place at 12:30 pm and 1:30 pm. All are welcome and encouraged to attend.

The Art Advocacy Project is a one-year on-loan program designed to promote regional artists through the public display of their artworks as well as provide a means for artwork sales.

It's not about growing old; it's about how you grow old

WASHINGTON, DC, Mar 10 -- More Americans than ever are growing older and healthier these days. Consider the fact that on average we were lucky if we lived past 47 years of age at the beginning of the 20th century. Yet nowadays most men and women in the U.S. can look forward to celebrating birthdays well into their 70s. In fact, the New England Centenarian Study at Boston University tells us that the numbers of us who make it past our 100th birthday have just about doubled over the past two decades.

To be sure, the covid pandemic has taken its toll, causing an increased mortality rate in general among the elderly as well as a time out when it comes to expanded life spans. Not long ago, the Washington Post reported that "unlike flu, which impacts both the very young and the very old, the coronavirus appears to put mostly older people at higher risk of severe disease and death."

Going forward the question is, will life expectancy in the U.S. resume its growth in the future. It most likely will, say the experts. But it is not because medical science is on a quest for immortality; rather, the goal is to alleviate the illnesses that come with

aging. As the website, Lifespan.io, put it: "The immune system keeps us safe from the constant invasion of viruses, bacteria, and other pathogens, helping us to stay healthy and free from diseases. However, the immune system begins to break down as we get older and we become ever-more vulnerable to diseases and infections. To solve this problem, scientists are exploring therapies to regenerate the immune system so that it is better able to fight back against diseases as it did in youth."

According to the National Library of Medicine, the risk factors of aging are the human pathologies such as cancer, diabetes, cardiovascular disorders and neurodegenerative diseases. "Aging research has experienced an unprecedented advance over recent years, particularly with the discovery that the rate of aging is controlled, at least to some extent, by genetic pathways and biochemical processes conserved in evolution ... the final goal [is] identifying pharmaceutical targets to improve human health during aging with minimal side-effects."

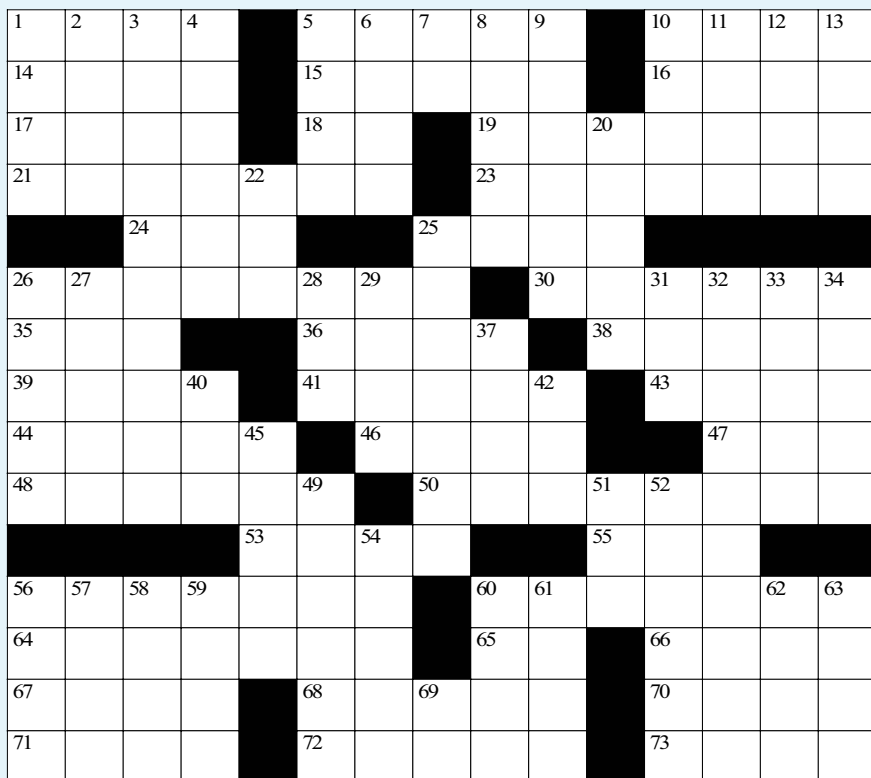
What it all comes down to is what Abraham Lincoln allegedly said: "In the end, it's not the years in your life that count. It's the life in your years."

by John Grimaldi

50 Plus Marketplace News

Crossword Puzzle

April 2023
Answers page 12



ACROSS

- 1 Probability
- 5 Indian of Mexico
- 10 Literary work
- 14 Extent of space
- 15 Money
- 16 Push with the horns
- 17 Member of mystical Muslim sect
- 18 Otherwise
- 19 Compel
- 21 Georgia
- 23 One-piece bathing suit for women
- 24 Fish
- 25 Rotate
- 26 Air hole
- 30 Leave
- 35 Malt beverage
- 36 Hog sound
- 38 Japanese dish

- 39 Musical group
- 41 Beginning
- 43 Type of gun
- 44 Academy award
- 46 Baseball team
- 47 Floor covering
- 48 Pertaining to the thymus
- 50 Lonely
- 53 First-class
- 55 Long period of time
- 56 Place of extreme torment
- 60 Flat oatmeal cake
- 64 Sterile
- 65 Similar to
- 66 So be it
- 67 Bundle
- 68 Salt of uric acid
- 70 Emperor of Rome 54-68

- 71 Christmas
- 72 Altar stone
- 73 Horse's gait

DOWN

- 1 Kiln for drying hops
- 2 Thrash
- 3 Lack
- 4 Mariner
- 5 Which is the third of the twelve Minor Prophets of the Old Testament
- 6 Japanese sandal
- 7 In the direction of
- 8 Fragrant resin
- 9 Baseless derogatory story
- 10 Ancient Greek coin
- 11 Knitting stitch
- 12 Remarkable
- 13 Let it stand
- 20 Rasping instruments
- 22 Highest mountain in Crete
- 25 Ductile
- 26 Wooden shoe
- 27 Gentle splash
- 28 Dove sound
- 29 Waterfall
- 31 Purulence
- 32 Expert in astronomy
- 33 Catarrh
- 34 Shade
- 37 Game of chance
- 40 Block up
- 42 Cardinal number
- 45 Cheerful
- 49 Poison hemlock
- 51 Even (poet.)
- 52 Having sound
- 54 Mother-of-pearl
- 56 Fool
- 57 Son of Isaac and Rebekah
- 58 Hades
- 59 Fencing sword
- 60 Flying mammals
- 61 Seaward
- 62 King mackerel
- 63 Gnarl
- 69 Prefix meaning without



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Identity theft is stressful, and it can do tremendous damage to your finances. It's important to

recognize the signs early.

The earlier you notice something is amiss, the faster you can take action to minimize the damage. BBB recommends the following tips to help you recognize the signs of identity theft as soon as possible.

Common Signs of Identity Theft

- You receive statements or bills in the mail for accounts you never opened. If you get a bill for an account you didn't authorize, someone may have gotten a hold of your personal information and opened an account in your name. Contact the company immediately to find out if there's been a mistake and check your credit report for unusual activity.
- You notice suspicious activity in your bank account. Unfamiliar charges, new accounts, and withdrawals you didn't make are all signs of identity theft. Review your bank account regularly to make sure no one has access to your funds.

- The IRS rejects your tax return. If your tax return gets rejected, someone may have filed in your name and made off with your tax refund. Contact the IRS if you suspect your tax identity has been compromised.
- The IRS informs you a tax return has been filed on your behalf. Sometimes the IRS catches a fraudulent tax return before the fake filer succeeds in getting your return.

When this happens, you may receive a letter from the IRS with instructions on how you can verify your identity and prevent identity thieves from using your social security number for tax fraud in the future.

You are suddenly denied medical coverage. Scammers can steal your identity to use your health benefits too. If you get medical bills in the mail, but you haven't been to the doctor, someone may be using up your benefits in your name. The same is true if you are unexpectedly denied coverage. Contact your insurance company to find out if you've been the victim of medical identity theft.

If you suspect you are the victim of identity theft, visit identitytheft.gov to report the matter and get a personalized recovery plan.



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Get the Facts on Healthy Aging

Nearly 56 million Americans are 65 and older, with projections estimating that the population of older adults will grow to 94.7 million in 2060. On average, a 65-year old can expect to live another 17 years. For most older adults, good health ensures independence, security, and productivity as they age. Unfortunately, millions struggle every day with challenges such as chronic diseases, falls, physical inactivity, oral health concerns, and behavioral health issues, all of which can severely impact quality of life.

Older adults are disproportionately affected by chronic conditions, such as diabetes, arthritis, and heart disease. Nearly 95% percent have at least one chronic condition, and nearly 80% of adults have two or more chronic conditions.

The leading causes of death among older adults in the U.S. are heart disease, cancer, COVID-19, stroke, chronic lower respiratory diseases, Alzheimer's disease, and diabetes. Multiple chronic diseases account for two-thirds of all health care costs and 93% of Medicare spending. Yet, less than 3% of U.S. health care dollars is spent on prevention to improve overall health.

More than one out of four older adults falls each year. Three million adults 65+ are treated in emergency departments for unintentional fall injuries each year. As a result of falls, every 11 seconds, an older adult is treated in the emergency room; every 19 minutes, an older adult dies. Falls are the leading cause of fatal and nonfatal injuries among older adults, causing hip fractures, head trauma, and death. Older adults are hospitalized for fall-related injuries five times more often than for injuries from other causes.

The nation spends \$50 billion a year treating older adults for the effects of falls, 75% of which is paid for by Medicare and Medicaid. If falls rates are not reduced, direct treatment costs are projected to reach \$101 billion by 2030.

Regular exercise can help older adults stay independent and prevent many health problems that come with age. According to the 2018 Physical Activity Guidelines for Americans, older adults should do two types of physical activities each week to improve their health aerobic and muscle strengthening. A 2014 study found that 28% of adults aged 50 and over surveyed reported no physical activity, aside from their regular job.

These guidelines recommend that older adults engage in at least 150

minutes of moderate-intensity or 75 minutes of vigorous aerobic activity a week and muscle strengthening activities on two or more days a week.

Oral health is important for overall health and well-being, but 35% of older adults have not seen a dentist in the last year. About 17% of older adults no longer have any natural teeth. Of those with teeth, about 16% of older adults have untreated tooth decay, and over 70% have periodontal (gum) disease. Poor oral health can negatively impact chronic conditions.

One in four older adults experiences behavioral health problems such as depression, anxiety, or substance abuse. These problems can complicate the treatment of other medical conditions, reduce quality of life, increase use of health care services, and lead to premature death. In 2020, nearly 14,500 people 60+ died by suicide. Men aged 85+ have a suicide rate that is about four times higher than the rate for all ages.

Nearly nine in 10 deaths from COVID are among people 65 and over, and 70-85% of seasonal flu-related deaths occur in older adults, according to the U.S. Centers for Disease Control and Prevention. While lifesaving vaccines are available, research shows COVID vaccine uptake has slowed among older adults.

The National Council on Aging's (NCOA) Center for Healthy Aging believe that every person has a right to age well and focuses on improving the lives of older adults by producing solutions that address social and behavioral determinants of health and wellbeing. NCOA promotes physical activity, behavioral health, and other evidence-based programs. Article courtesy of National Council on Aging.

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