

# 50+ ADULTS 50 Plus Marketplace



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

August 2023 • Volume 29 • Issue 8

## Northern Colorado Regional Airport Plans New Passenger Terminal

The Cities of Loveland and Fort Collins, members of the Airport Commission, elected officials, and community members gathered at the Northern Colorado Regional Airport (FNL) for a groundbreaking ceremony to mark the beginning of construction on a new airport terminal.

The new 19,400-square-foot, LEED-certified terminal will provide a state-of-the-art facility for travelers. The building will house new ticketing counters, TSA security check points, a two-gate departure/arrival lounge, concessions, baggage claim, and rental car offices.

Planning for the new terminal project began in 2020, shortly after the Airport was selected to receive \$16.8 million in federal funding through the CARES Act to be applied to critical infrastructure projects that would keep the economy healthy and people working. Federal funding comprises approximately \$21 million of the total budget, with \$2 million coming from Airport reserves and \$2 million coming from the Cities of Fort Collins and Loveland (\$1 million from each).

Three critical projects, the terminal, the remote air traffic

control tower, and the runway widening projects are priorities from the airport's Master Plan that will support both general aviation and commercial aviation for years to come. All three projects are expected to be operational within the next 2-3 years.

The Airport hired Dibble Engineering from Denver and VFLA Architects from Fort Collins in 2021 to partner on the design of the new facility. Construction is scheduled to begin on July 17 and completion is anticipated in the Fall of 2024.

In recent decades, Northern Colorado has seen tremendous growth. Thousands of people make the trip between Northern Colorado and Denver International Airport every day. Many of those people utilize the ground transportation options that operate at FNL, with convenient and affordable service provided by Groome Transportation and Landline in partnership with United Airlines. This new terminal will help the Airport attract and maintain commercial air service, which will get even more cars off I-25, helping to ease congestion and lower carbon emissions.



## Rocky Mountain National Park Has New Superintendent!

The National Park Service (NPS) has selected Gary Ingram as superintendent of Rocky Mountain National Park. Ingram will begin his new assignment in August. As superintendent, Ingram will oversee 150 permanent staff and approximately 250 seasonal staff and will work to continue to address complex challenges such as climate change and wildland fire; ecosystem restoration; and managing day use visitation that sustains the park's resources and offers varied quality visitor experiences.

"Gary is a seasoned leader who comes to Rocky with a wealth of knowledge and experience gained during his 30 years with the NPS," said Regional Director Kate Hammond. "His energy, enthusiasm and optimism will elevate an already high-functioning, high-performing team."

Most recently, Ingram served as the superintendent at Cumberland Island National Seashore and Fort Frederica National Monument. Prior to that, he was superintendent at Jimmy Carter National Historic Park and special assistant to the Alaska Regional Director. He began his NPS career in Yosemite National Park where he served in a variety of positions including law enforcement, horse patrol, emergency medical services, fire fighter, shift supervisor, chief liaison officer, and management assistant.

"I am profoundly honored to be selected as the superintendent of Rocky Mountain National Park," said Ingram. "The magnificent natural wonders and rich cultural history make it one of the world's most special places. I look forward to working with and serving the visitors, park staff, park partners, and affiliated tribes as we continue to protect and enjoy this incredible resource."

Ingram will be moving to the area with his wife, Athena. He

succeeds Darla Sidles who recently retired after serving seven years as the park superintendent. Kyle Patterson, Rocky Mountain National Park's Public Affairs Officer, will serve as interim superintendent between Sidles' departure and Ingram's arrival.



RMNP Superintendent Gary Ingram

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# AUGUST Calendar

## Thursday/17

Colorado Gerontological Society has a FREE Aging in Place Summit with two classes on “Exploring the necessary resources and supports and “how to” successfully age in place.” and “Inequitable access: barriers and challenges to aging in place.” at 10 am to 2 pm at the Denver Inner City Parrish at 1212 Mariposa St. in Denver. Please bring your questions, concerns, and personal experiences as they relate to aging in place. Please register online at [www.senioranswers.org](http://www.senioranswers.org) or call 303-333-3482.

## Saturday/19

Larimer County Genealogical Society presents a FREE hybrid program on “Laramie County Library Genealogy Holdings” by Librarian Elaine Hayes at the Fort Collins Senior Center in the Prairie Sage I room at 10 am and on Zoom. Elaine will discuss the holdings and what is available for genealogy research in the Laramie County Library. Register at [www.lcgsc.org](http://www.lcgsc.org) to receive the handout and Zoom info.

## Wednesday/23

Colorado Legal Services presents Senior Law Day at the Fort Collins Senior Center at 1 to 5 pm. Multiple classes on legal topics for seniors will be available. Free to first 150 patrons or attend online at <https://bit.ly/OALawday>.

AARP hosts many in-person and online educational classes on caregiving, nutrition, physical fitness, & technology for seniors on their website at <https://learn.aarp.org/online-events>

Alzheimer’s Association offers many online or in-person classes on dementia and Alzheimer’s Disease on their website at <https://training.alz.org/>

Colorado Gerontological Society offers free online video classes on various senior topics on their website at [www.senioranswers.org](http://www.senioranswers.org).

*Check with individual venues for current information.*

Calendar sponsored by...

**Beyers Law**



**Kris & Sara**

Ageism is everywhere, including in our minds. Even though we didn’t choose the negative stories about aging which surface, there is something we can do about it.

We’ve all had thoughts like, “I’m too old to try something new” or “at my age, I’ll just have to put up with the pain” and we rarely stop to consider whether these are useful or even true. Even more important, our negative thoughts about aging impact

our wellbeing. Research by Dr. Becca Levy shows that positive age beliefs correlate with 7.5 extra years of life.

## Ageism Matters

### The Stories We Tell About Age

It is not true that you have to be in pain just because of your age or that there is a certain age after which we can’t learn new things. We hear - and tell - these stories over and over, but that doesn’t mean that they are true.

The good news is that we can change this narrative and tell new stories that are both more accurate and more healthy. Instead of “I’m too old to try something new,” how about “I’m a lifelong learner and I can do it again.” Or even just, “I’m curious and I

want to know more.” Instead of “I guess I just have to be in pain”, we can ask “what can be done to help me feel better?”

We all have internalized ageist beliefs and there is no shame in that. But, now that we know better, we can choose positive age beliefs and question our negative assumptions about age. Learn more about ageism and what we can do about it at [ChangingtheNarrativeCo.org](http://ChangingtheNarrativeCo.org).

*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.*

## Governor Polis Elected Vice-Chair of National Governors Association

In July, Colorado Governor Jared Polis was elected to serve as Vice-Chair of the Bipartisan National Governors Association (NGA) by his gubernatorial peers from across the country and political spectrum.

“I am proud to be elected the Vice-Chair of the National Governors Association for the upcoming year by my colleagues from both sides of the aisle. The National Governors Association is a unique and valued forum for governors to offer their

unique perspectives, share policies, and develop bipartisan solutions,” explained Governor Polis.

“I am the National lead to elevating the issues impacting Colorado and, through the bipartisan input from National Governors Association, creating real solutions to improve our state, create jobs and continue to grow our thriving economy” said Governor Jared Polis. “I look forward to working with the other governors to address the challenges

facing our nation, Colorado, and the opportunity to serve as Vice-Chair.”

The Governor is attending the National Governors Association Summer Meeting in Atlantic City, New Jersey. Governor Phil Murphy of New Jersey served as Chair of NGA. Governor Polis served as the Chair of the Western Governors Association this past year, focusing on bipartisanship, economic development, and geothermal energy.



**Bill Beyers**

The California Appellate Court holds that an unwitnessed will can be probated because extrinsic evidence and the contents of the document suggest the testator intended to create a will.

Melanie Berger was engaged to Maria Coronado. Before undergoing major surgery, Ms. Berger wrote a letter purporting to be a will, leaving everything for Ms. Coronado. Although Ms. Berger signed the letter, there were no witnesses. She emailed her fiancée to inform her about her intent to leave everything to her and said she would place the document on her chair.

The relationship ended, and a marriage never occurred. Ms. Berger became religious and expressed wanting to leave her estate to the church prior to her passing but did not create a known will. When the pastor of Melanie’s church went through her personal effects, he discovered the letter at the bottom of one of her desk drawers.

Ms. Coronado attempted to probate the letter as a valid will, and Ms. Berger’s surviving sister opposed it. The trial court denied Ms. Corona-

do’s petition to probate the proposed will, and she appealed.

When a testamentary document lacks witnesses, it may still be valid if the individual seeking to validate the will establishes by clear and convincing evidence that the testator intended it to be a will at the time of signing.

In this case, substantial evidence, including the words of the letter and external evidence, suggest that Ms. Berger intended to create a will. The letter is comprehensive, naming Ms. Coronado as the sole beneficiary and

giving her full discretion over the estate. Ms. Berger used her company paper and included her Social Security number. Treating the letter like a will, she gave Ms. Coronado a copy and retained a copy for herself.

The court held the evidence and contents of the document establish a valid will.

*Beyers Law LLC is a law firm serving clients throughout Northern Colorado. They specialize in Elder Law, Estate Planning, and Special Needs planning and can be reached at 970-669-1101 or at [www.beyerslaw.com](http://www.beyerslaw.com).*

## Elder Law Q & A

### Unwitnessed Will Ruled to Be Valid



**Will and Bill Beyers**

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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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**Chief Financial Officer**  
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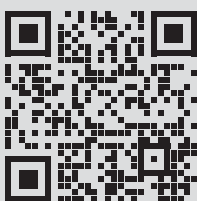
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#### Smart Phone Access



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# Live Involved





**Saturday, September 9 from 10 a.m. - 2 p.m.**  
Fort Collins Senior Center, 1200 Raintree Dr.

Nonprofit organizations and activity groups gather to share how you can get involved with others in your community.

For more information, visit  
[fcgov.com/recreation](http://fcgov.com/recreation)



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## Larimer County Office on Aging



**Jordan Dunn**

When I meet new people and share that I work for the Larimer County Office on Aging, I often hear a similar response: “I don’t want to talk about aging.” But conversations about aging don’t have to be daunting. It’s something we all have in common. We care about our loved ones who are aging and all of us are aging ourselves. Approximately a quarter of Larimer County’s residents are age 60 or beyond - and those who aren’t there yet are on our way!

We have a lot to look forward to as we age. A study by the Brookings Institute found that our happiness

rises steadily after our 50s - respondents in their 80s and 90s were the happiest in the study! Despite the trend of happiness increasing with age, many people have worries associated with aging, from financial strain to future health concerns. To reduce worries about the future, it’s essential to embrace conversations around aging and planning ahead.

It’s tempting to wait until you “need it,” but learning about resources available now and creating a plan that fits your needs can give you piece of mind today and lay the groundwork for your happiest future. If you’re in the “I don’t want to talk about aging” camp, you’re not alone. It can be hard to start a conversation about aging. One great place to start

is to call the Larimer County Office on Aging and set up an appointment for Options Counseling.

Options Counseling is one-on-one personalized decision-making assistance to help individuals and their families understand, access, and navigate the long-term service and support system in our community. We’ll ask questions about your current situation and future needs and help you make informed decisions for your future. Give us a call at (970) 498-7750 or email [aging@larimer.org](mailto:aging@larimer.org) to start planning your best future.

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\*Independent Market Research

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## Reflections DNA Will Out It!



**Martha Coffin Evans**

WOW! “Who knew?” has become a frequent comment when learning about the impact of DNA and the “outing” it brings whether from Ancestry.com or 23 and me.com

While DNA results have helped solved mysteries, they have brought some miracles in other situations. In yet different settings, DNA has brought the potential for a little misery.

Newspaper articles and news reports continue to share the latest solved cases brought about through their DNA matches. Such happened recently in Denver where a Colorado man, convicted in the 1982 murder of two women, awaits sentencing. Deputy District Attorney Mark Hurlbert commented, “This case being so old, this (verdict) shows there’s no case that can’t be solved.”

A different DNA-related mystery in New Orleans, Louisiana, resulted in a woman learning her actual birth parent. The person she thought to be her father turned out not to be

so. That also held for siblings who had yet a different father. While a surprise, a small miracle occurred in connecting with other relatives they had not known until that time.

Searching for biological parents has been a quest for many over time. With the hope for a positive outcome in finally meeting that birth mother or father, not all end well. Those that do have provided a wonderful opportunity for a relationship along with the likelihood of closure.

Some DNA-related calls come with a shock factor. “Could you please take a DNA sample? I believe you’re my son’s father.” That confirmed relationship led to meeting him, his sons and attending his wedding.

“What’s your relationship to the groom?” other family members, with different biological parents, asked. “Surreal,” repeated his mother, possibly embarrassed or with a sense of misery, about this “outing.”

Whatever DNA “outs,” is it mystery, miracle or misery? Yes, to all!

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

## Captivating!



*Finding it pleasurable and exciting to greet and welcome the Grand Opening Guests. (l-r) Collette Gray, President/CEO, Deedra Moats, Executive Director; Shannon Barker, Director of Sales & Marketing.*

This exceptional new assisted living and memory care community in Loveland recently hosted an amazing Grand Opening attended by current residents, families, friends, business associates, employees, company personnel and government officials – local, state and federal.

The Capstone at Centerra is recognized as a leader in providing the finest in senior living. If you or a

loved one is looking for a senior living community that supports residents in living a vibrant life on their own terms, the folks at The Capstone are eager to meet you.

The Grand Opening featured entertainment, delicious refreshments and an opportunity to mingle and chat with guests. Even a tour of the community was available. Without a doubt an enjoyable occasion it was.



*Grand Opening guests enjoying each others company.*

# SAVE THE DATE!



## Weld Senior SYMPOSIUM

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## 2023 TOPICS & SPEAKERS:

### SESSION 1 | 9:30AM

- Proactive Planning -Matt Meuli
- Grief and Aging -Dr. Debby Baker
- Nutrition for Older Adults - Sheila Beckley

### SESSION 2 | 10:30AM

- Technology and Scams - Robert Meisner
- Contented Dementia - Cyndi Luzinski
- Caregiver Panel: Helping my Parents Age

### LUNCH | 11:30AM

### SESSION 3 | 12:30PM

- Last Wills and Testaments, Trusts, and Powers of Attorney - Charles Connell

## Technology is Hip! Flying Cars Have Arrived!



**Bob Larson**

AMAC Magazine reported in July that Alef Automotive, a California startup, received FAA approval to begin testing a new prototype flying personal vehicle with vertical takeoff and landing abilities on public roads and skies. The company is already taking pre-orders (you can join the list for a mere \$300,000) and expects to begin delivery in 2025.

A host of startups and aviation giants alike are hoping to cash in on this exciting new development in the skies. The “electric vertical takeoff and landing” (eVTOL) market has witnessed a surge in demand from investors and prospective buyers alike, with some analysts predicting its market will skyrocket from \$86 million in 2022 to \$1 billion by 2030.

China’s state-owned Guangzhou Automotive Group (GAC) recently released its own concept of a flying car that can also drive on roads. NIDEC, a Japanese manufacturing company, is entering the U.S. market in conjunction with Brazilian aerospace powerhouse

Embraer. Eve Air Mobility, another Brazilian company, has also successfully tested an early prototype of its own flying car.

Proponents of eVTOL cars say that the technology could reduce congestion, which would help reduce pollution problems in urban areas and be a massive time saver for drivers. Additionally, a flying fleet of emergency services vehicles would no longer have to contend with traffic, enabling faster response times and swift transportation to hospitals.

Making the switch to eVTOLs would undoubtedly prove an even more gargantuan undertaking, requiring everything from designated takeoff and landing zones to an entirely new air traffic management system.

While flying cars once seemed confined to the daydreams of tech whizzes and science fiction fans, they may soon be coming to a neighborhood near you. Much like the development of the original personal car, eVTOLs will affect society in far-reaching and profound ways, some of which we can’t even yet imagine.

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

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## Ron Stern's Travel Series

### Bar and Cocoa



**Ron Stern**

If you're a chocolate lover, like me, you should check out Bar and Cocoa. This online retailer sources the finest in ethically sourced chocolates from over 70 chocolate makers from 40 countries.

Having developed direct working relationships with farmers ensures that their hand-picked, curated selections are not just "fair trade" but "direct trade." This includes favorable conditions for workers, a fair pricing structure, and creating bean to bar products where cacao is the main ingredient rather than fillers.

Whatever your taste, Bar and Cocoa have products to match including sweet, savory, spicy, alcohol-infused, keto and vegan. Just the names of some of them is enough to make your mouth water. How about Palato Dark Chocolate with Bhutlah Pepper (65%), Putnam Rye Whiskey (77%), and Raaka Oat Milk unroasted dark chocolate.

To say that the world-wide chocolatiers represented on their website are passionate about their creations would be an understatement. These craft artisans go to great lengths for sustainable harvesting and using only the finest quality ingredients. Many times the skills and trade se-

crets they have acquired over many years have been passed down to future generations of chocolate makers.

My chocolates arrived perfectly packaged and chilled on a hot July afternoon. It was love at first bite with their Michel Cluizel Mon Truc à Moi bar, a 45% milk chocolate mini gourmet bar with cocoa nibs, nougatine, & hazelnut paste. Known as "The Goldsmith of Chocolate," his family has created taste sensations since the late 1940s.

While I'm not really not a fan of white chocolate, I couldn't resist their Valrhona Grand Cru Dulcey Blond (35%). This light-colored bar deliciously melted in my mouth and tasted like the best butter and shortbread.

With many varieties and a club subscription service, you can satisfy your chocolate craving any time of the year.

<https://barandcocoa.com/>  
To contact Ron: [Travelwriter01@comcast.net](mailto:Travelwriter01@comcast.net)

These were samples provided at no cost but the opinions were honestly conveyed.



## 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.**




## Larimer County Receives Two Awards

By using technology to improve public service, Larimer County was recognized as a National Association of Counties 2023 Achievement Award winner in two categories at their July 2023 NACo Conference and Exposition in Travis County, Texas. The awards honor innovative, creative ways that counties provide programs that strengthen communities.

In the Criminal Justice and Public Safety category, Larimer County's Law Enforcement Digital Evidence System [LEDES] is a new, automated process that gathers video data from law enforcement and other surveillance sources.

Previously the District Attorney in the 8th Judicial District had to manually review all video evidence for every case for any new video developments and then add them to those case files. That task is now performed automatically with LEDES. A large amount of staff time has been saved by the DA which can now be channeled more efficiently for other tasks.

The COVID pandemic forever changed the way many organizations communicate. In the Information Technology category, Larimer County quickly adapted to employees working remotely by using Zoom Unified Communication as a Service, or UCaaS.

Using non-internet group phone conversations proved unstable, and those working remotely also had difficulty joining those meetings while experiencing outages as well. UCaaS allows a much more reliable, internet-based platform for seamless communication enhanced with video that only an internet-based wider bandwidth can provide.

Residents also benefit from a more dependable phone and text service when conducting business with Larimer County. Engagement and outreach to the community and citizen access have also increased with face-to-face interactive meetings using UCaaS.

UCaaS also increased the programs offered to those in the criminal justice system. Video arraignments, substance abuse treatment, re-entry programs, and education programs have all been enhanced with UCaaS.

Each year, NACo's Achievement Awards are given in 18 categories that reflect the vast, comprehensive services counties provide. Launched in 1970, the program recognizes innovation in county governments.

# Rocky Mountain Conservancy Conservation Corps Celebrates 20-Year Anniversary

Twenty years ago, the Rocky Mountain Nature Association (now the Rocky Mountain Conservancy) leadership and Colorado philanthropist Bruce Dines had a simple idea: why not launch a Conservation Corps for Rocky Mountain National Park (RMNP) modeled after the post-depression era Civilian Conservation Corps? With Dines' initial financial support, the Conservation Corps was established to expose young people to rigorous service work, provide education and experience in natural resource conservation, and develop the next generation of environmental stewards.

Since 1931, the Conservancy has raised more than \$35 million to enhance and protect the park's trails, lands, youth education, historic structures, and more.

Since 2003, the Rocky Mountain Conservancy's Conservation Corps program has steadily grown and become an essential partner to RMNP and the U.S. Forest Service lands adjacent to RMNP, preserving natural and cultural resources each summer. Visitors to these public lands reap the rewards of the corps' work with improved trails, campgrounds, improved recreational access, improvements to facilities, and protecting critical river corridors along the Colorado and Cache Le

Poudre Rivers.

During their 20th anniversary, the Conservancy's board of directors and program coordinators are commemorating the anniversary in a more spectacular fashion: by fielding the largest Conservation Corps in history and taking on more trail construction, more historic preservation, planting more native vegetation, and more post-wildfire forest restoration than ever before. This season, 54 individuals from 28 states across nine separate crews will work in three different U.S. Forest Service Ranger Districts, and four different departments in Rocky Mountain National Park.

In any given year, the Conservation Corps' physical accomplishments are impressive. In 2022, Corps members worked at 60 public land sites, improved 309 miles of trail and 15 miles of river corridor, constructed 12 bridges and 463 linear feet of rock wall, restored 24 backcountry campsites lost in the historic wildfires of 2020, provided critical maintenance to a historic visitor center in RMNP, and collected 139 slash piles in preparation for pile burns to reduce wildfire fuels.

The National Park Foundation recently awarded more than \$240,000 in grants to the Conservation Corps and its sister program for younger

adults, the High School Leadership Corps. The Conservation Corps also receives support as part of the federal AmeriCorps program, and individual donors are key to keeping the corps members in training and supplies.

Through the Conservancy Conservation Corps, young adults from across the country (aged 18-30) participate in an 11-week program that provides professional development, networking opportunities, skills development, immersive outdoor conservation experiences, and career education and exploration in the conservation space. Participants receive full uniforms from the hats on their heads to the boots on their feet, stipends, access to free gear rentals for the entire season, and rustic housing ranging from tents to Forest Service cabins. From 2003's inaugural 6-person Conservation



Corps, to 2022's 52-person team, more than 500 young adults from across the United States have come through this program in the last 20 years.

To support the Conservation Corps and High School Leadership Corps programs, visit [RMConservancy.org](http://RMConservancy.org) website and donate to the Conservation Corps Fund.

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## Veterans Honoring Veterans Statue Presentations

Veterans Honoring Veterans (VHV) is an organization of veterans and supporters whose mission is to honor US military veterans in Northern Colorado and beyond by presenting them with a commemorative statue of their branch of service. Presentation of statues are made on the first and third Saturday at the PAMVET (Proud American Veteran) breakfast at the Golden Corral restaurant (1360 Sculpture Dr.) off Highway 34 in Loveland, CO.

In July, nine veterans were honored with statues as shown in the two photos below. On occasion, a bagpiper plays for the veterans as a remembrance for their service and our fallen heroes.

Founder Bart Bartholomew and his staff have presented nearly 650 statues to Northern Colorado veter-

ans with the financial assistance of multiple donors.

PAMVET is a gathering of veterans that started in 2008 with two veterans. Today, PAMVET has over 100 veterans meeting every Saturday morning. Each meeting begins with the Pledge of Allegiance, a prayer, the sharing of pertinent veteran information, and networking with each other during the breakfast ceremony.

Thanks to the donors who have given financial support to this beneficial organization! VHV invites you to the Northern Colorado PAMVET breakfast Club on Saturday mornings from 8:00am - 10:00am. The price of breakfast buffet is \$12 (not including tip). Visit their website at [www.veteranshonoringveterans.org](http://www.veteranshonoringveterans.org) to learn more.



July 1 awards pictured l-r: John Howard, Donald Barrett, Dana Howard, Bob Larson, Roger Leaf, & Dean Nelson



July 15 awards pictured l-r: bagpiper & veteran Marti Mace, Brenton, grandson of Connie Jorkos, mother of SPC Michael Jorkos (being honored), and Lawrence & Michelle Raimer.

*Say you saw it in 50 Plus Marketplace News*

## Cute and Funny Summer Quotes

The tans will fade but the memories will last forever.

Deep summer is when laziness finds respectability.

Everything good, everything magical happens between the months of June and August.

A lot of parents pack up their troubles and send them off to summer camp.

If summer had one defining scent, it'd definitely be the smell of barbecue.

Summer vacation: where you drink triple, see double and act single.

It's summer. If you're not barefoot, then you're overdressed.

August is like the Sunday of summer.

One benefit of summer was that each day we had more light to read by.

With no effort on my part it became summer.

## Heat Safety Tips for Families Affected by Dementia

With heat indexes well over 100 degrees creating dangerous conditions for millions of Americans during a prolonged heat wave, the Alzheimer's Foundation of America (AFA) is providing important tips to help caregivers keep their loved ones living with dementia safe.

"Triple-digit temperatures and heat indexes are especially dangerous for someone with a dementia-related illness such as Alzheimer's disease, because the effects of dementia can impair their ability to notice if they are developing heat stroke or dehydration," said Jennifer Reeder, LCSW, SIFI, Director of Educational and Social Services for the Alzheimer's Foundation of America. "Taking a few simple steps will go a long way to help caregivers keep their loved one with dementia safe during the heat wave."

**AFA advises family caregivers to:** Watch out for wandering. Wandering is a common and potentially dangerous behavior for individuals with dementia, as they can get lost or become disoriented, and not know how or who to call for help. It's even more dangerous in extreme heat conditions, where heat stroke (a serious elevation in body temperature that is sparked by exposure to extreme environmental heat or a mixture of heat and humidity) can develop in minutes.

There are many reasons why someone with dementia wants to go outdoors. Being outside may provide a feeling of purposefulness or satisfaction; be a response to excessive stimuli, be triggered by the need to get away from noises and people; or is a response to an unmet need (i.e., hunger, thirst, boredom). Reduce the chances of wandering by identifying consistent and sustainable ways to support these experiences in a safe environment: create walking paths around the home with visual cues and stimulating objects, engage the person in simple tasks, or offer engaging activities. Ensuring basic needs are met can also reduce the chances of wandering.

Keep a recent photo and medical information on hand, as well as information about familiar destinations that are currently, or formerly, frequented, that can be shared with emergency responders if the person wanders. This will expedite search and rescue efforts.

Monitor the person's fluid intake. Alzheimer's disease and other dementia-related illnesses can affect a person's ability to know when they are thirsty, thus making it critically important for caregivers to monitor fluid intake and encourage them to drink frequently.

Observe the person for heat stroke warning signs. Dementia-related illnesses can make it harder for a person to detect temperature changes, putting them at greater

risk for heat stroke. Watch for warning signs such as excessive sweating, exhaustion, hot, dry, or red skin, muscle cramps, rapid pulse, headaches, dizziness, nausea, or sudden changes in mental status. If the person is exhibiting these warning signs, such actions as resting in an air-conditioned room, removing clothing, applying cold compresses, and drinking fluids can all help cool the body. If the person faints, exhibits excessive confusion or is unconscious, call 911 immediately.

Know where to cool down. Many municipalities will open up air conditioned "cooling centers" so that people who do not have air conditioning can go cool down. These centers can include senior centers, libraries, community centers and other municipal/public buildings. If your person does not have air conditioning, find out if there are cooling centers nearby.

Plan ahead. Blackouts and other power failures can sometimes occur during heat waves. Make sure that cell phones, tablets, and other electrical devices are fully charged. Flashlights should be easily accessible in case of a power failure. Have the emergency contact numbers for local utility providers, as well as the police and fire departments, readily accessible.

If you don't live near your loved one, arrange for someone nearby to check on them. Inform this contact person about emergency contacts, and where important medical information, such as an insurance card, is kept. Make sure your loved one has plenty of water, and has access to air conditioning or other cooling mechanisms.

Caregivers who have questions or need additional information can contact the AFA Helpline by phone (866-232-8484), text (646-586-5283), or webchat ([www.alzfdn.org](http://www.alzfdn.org)) to speak with a licensed social worker. The Helpline is available seven days a week.

The Alzheimer's Foundation of America is a non-profit organization whose mission is to provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide and to fund research for better treatment and a cure. Its services include a National Toll-Free Helpline (866-232-8484) staffed by licensed social workers, the National Memory Screening Program, educational conferences and materials, and "AFA Partners in Care" dementia care training for healthcare professionals. For more information about AFA, call 866-232-8484, visit [www.alzfdn.org](http://www.alzfdn.org), follow us on Twitter or connect with us on Facebook, Instagram or LinkedIn. AFA holds Charity Navigator's top 4-star rating.

## Can you hear me now?

### Cognition and Memory Series

#### Coping with memory loss

Memory problems can be experienced differently by different people. Read about common types of memory loss and our tips to help you cope and manage your feelings.

#### Types of memory problems

Forgetting people's names, struggling to remember day-to-day events or experiences, misplacing items (such as keys or glasses) around the house, getting lost in a familiar place or on a familiar journey, finding it hard to start or follow conversations, forgetting appointments or important dates (such as birthdays), and struggling with the steps in a recipe.

#### Managing your feelings about memory loss

Everyone reacts differently to memory problems. It's normal to get frustrated, worried, or lose self-confidence.

#### Tips to help you cope with memory problems:



Susan Baker

Build on the skills you still have, stay in a regular routine, try to manage your time, talk about your day, memory aids and tools, do one thing at a time, take small steps, keep one place for everything you need, simplify the layout of your home, and get support.

Susan has been helping patients with memory and hearing problems with Aural Rehabilitation and brain training. Each patient has different needs; therefore, the program is customized to fit your hearing and memory needs. Stay tuned for next month's issues to learn about some of these rehab exercises.

*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 an appointment today.*

<https://www.alzheimers.org.uk/get-support/staying-independent/coping-with-memory-loss>

## Veterans Echoes

### Rememberance And History With Flags



Brad Hoopes

Tony DuMosch's flag collection consists of nine service, 13 War/conflict, seven historical versions of Old Glory, and three miscellaneous flags. Tony, who served our country with a 22-year career in the Navy, started the collection while ordering service flags for one of the numerous veteran-oriented events he was involved in. He came across some war era flags while doing so and bought them as well.

Tony began noticing at these events that the speakers or emcees usually only noted the major events like WWII or Vietnam, but seldom mentioned the smaller conflicts like Somalia or Kosovo where our veterans served and sacrificed as well. He then began ordering these flags or having custom ones made of them.

Once at a Memorial Day ceremony Tony noticed a teary-eyed woman looking at the Panama conflict flag. He asked her if she was OK. She said that her boyfriend at that time was killed in this conflict and she was grateful that there was a flag to remember him by. She then told her son, while pointing at the flags, that there is history represented by each. The family went on to open each flag and absorb its story.

"This is why I do it. To remind people there were other wars and conflicts, and the cost to a mother, father, brother, sister, husband, wife, child, etc., is just as great and equal to them as the great wars...Lest We Forget.", says Tony.

If you would like to contact Tony regarding his collection: [tdumosch@yahoo.com](mailto:tdumosch@yahoo.com)

*Brad Hoopes has a passionate project of preserving the stories of veterans. To watch these interviews, go to: [www.youtube.com/@rememberandhonorstories](http://www.youtube.com/@rememberandhonorstories)*



## Are you concerned about your hearing and memory?

### Hearing problems can become brain problems!

The brain needs access to the full perspective of the sound scene to work as it should. Not receiving this can lead to brain problems.

Brain problems can become life problems. When access to the right input is limited, a hearing problem can lead to serious problems in life. If you have hearing loss, you are more likely to feel a cognitive load and experience memory problems. Susan can help, call.

**(970) 221-5249**

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



**Advanced Hearing Services**  
*Bringing the Joy of Natural Hearing Back to Everyday Life*

## Pets Are Family

### Cat Behavior

Even if your cat has an established bathroom routine, there are several factors as to why cats may suddenly feel uncomfortable with their routine and display behaviors such as peeing on the carpet or right outside the litter box.

The first recommendation, always, is to set up an appointment with your veterinarian to make sure this isn't a medical issue. Oftentimes, a cat will try to communicate they are not feeling well by how they use or don't use the litter box.

If everything checks out medically, it could be a territorial concern. Changes to a cat's environment can lead to inconsistent bathroom use because cats associate using the bathroom with marking their territory. Examples of simple changes: wearing new perfume,

rearranging of furniture, new housemates, etc. Since these types of changes are natural and bound to happen, keep an eye on your cat's territory and habitat they have created for themselves and that it is to their liking.

Be sure to place the litter boxes in an area that your cats normally roam/hang out. If they like to hang out on the second floor, asking them to go to the basement to pee is like asking them to go to the neighbor's house to pee. This isn't to say that it should be right next to their food dish or cat tower, but putting it in the same vicinity will help your cat feel like it is part of their territory.

Lastly, there are many conditions and styles of litter boxes. From scented pellets to open or closed, your cat can be sensitive to the small things. Once you find a setup they like, stick with it! If not, play around with different setups and find one that appeases your furry friend!

Check us out at [Larimerhumane.org](http://Larimerhumane.org)

**50 Plus Marketplace**

Visit us on our Facebook page for more news and event information.

Be sure to Like and Follow @50plusnews

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**Say You Saw It in 50 Plus Marketplace News**



## Professionals For Seniors

The very active Professionals For Seniors recently held its monthly breakfast and networking gathering at the Fort Collins Marriott.

The event was hosted by Dignity Hospice Of Colorado. In excess of eighty P4S members were in attendance.



Twins?  
(l-r) Kimberly Spears, Alexis LaHaie



Prize winner excitement! Mike Maguire, P4S founder and long-time member was a door prize winner for the first time in 17 years.



P4S Dignity Hospice of Co. host team; (l-r) Jamie Kokol, Macy Sullivan, Alyssa Trujillo, Debbie Brown, Elaine Hild, Thomas Miller.

## Attorney General Weiser Enforces New Colorado Privacy Act

Attorney General Phil Weiser announced through a series of letters to businesses sent this week, that the Colorado Department of Law will begin enforcing the recently enacted Colorado Privacy Act. The new data privacy law went into effect on July 1.

“As I’ve said publicly throughout the process, this Department’s enforcement of the Colorado Privacy Act is a critical tool to protect consumers’ data and privacy. Our enforcement of this important law will not seek to make life challenging for organizations that are complying with the law, but rather will seek to support such efforts,” said Weiser. “These letters will help make businesses aware of the law and direct them to educational resources to help them comply.”

The initial round of letters will focus on educating companies that operate in Colorado on their new legal obligations. There is particular emphasis on obligations relating to the collection and use of sensitive data, including the requirement to obtain consumer consent prior to collecting sensitive data, and the obligation to allow consumers to opt out of tar-

geted advertising and profiling. Department staff worked closely with industry, nonprofits, consumer advocates, and others over the last year to develop the law’s regulations, including allowing for substantial public comment from businesses, nonprofits, and consumers across the country.

The Colorado Privacy Act applies to entities that operate in Colorado or target Colorado citizens and annually, either collect more than 100,000 individuals’ data, or receive revenue or otherwise benefit from the sale of personal data and process the personal data of more than 25,000 persons.

The law only applies to Colorado residents while acting in an individual or household capacity (e.g., when browsing the internet or signing up for a retail rewards program) and does not apply to data collected in an employment context.

For more information about the Colorado Privacy Act’s new rights and responsibilities, including an FAQ and informational webinars for consumers and organizations, please visit [www.coag.gov/cpa](http://www.coag.gov/cpa).

## A Golden Birthday Party

They came from all corners of the earth to attend a birthday party at Guisachan House in the village of Glen Affric in the Scottish Highlands recently. The event was held to celebrate the birth of the first litter of Golden Retrievers 155 years ago. The event attracted 466 dogs and their owners. According to the Golden Retriever Club of Scotland, “the Golden as we know it today

was bred at Guisachan, Glen Affric, near Inverness, the Scottish Estate of Lord Tweedmouth, from a series of matings which commenced by mating a good looking yellow coloured Flat Coated Retriever with a Tweed Water Spaniel called ‘Belle’ (a breed now extinct but believed to be a small liver coloured dog with a curly coat).”



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Office on Aging

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## Genealogy Rocks!

If you find that summer time allows you to slow down a bit, it may be the perfect time to sharpen your tools. You may have mastered FindAGrave but you are not as confident in Ancestry.com or FamilySearch.org.

Here's a plan. Select one of your neglected ancestors and focus on using a new tool to research that person. Focus on FamilySearch.org which is free and available on your computer right now. Enter the Records tab and enter your grandfather's name, location and birth year. Then search through the results to focus in on your man. Once you know you've found the right person, search census records for that grandfather as a child. Identify his parents, locations, and birth years. You should be able to get back to 1850 or at least to the decade after their immigration into the U.S.

Try searching for the marriages of your grandparents and their parents. Some states (South Carolina, Pennsylvania, Louisiana, etc.) do not have marriage records online – but you need to confirm that that is the case.

Passenger lists (1820-1960) are online by port of entry in FamilySearch.org so you can try to find your immigrant ancestors as they entered the U.S.

FamilySearch.org also allows you to search by location. Go to the Search tab and scroll down to "Catalog" and enter the state and county where your ancestors lived. Under "Vital Records" you may find marriage records and some birth and death records. Under "Land and Property" you may find when your ancestor first bought or sold land and the detailed land description. There may even be "Naturalizations" that were done in that county.

Add your information to a Family Group Sheet or database so that you can refer back to the information you've gathered. Now pat yourself on the back if you have added this new tool to your genealogical toolbox.

*Carol Cooke Darrow teaches Genealogy 101 classes and facilitates a WriteNOW group of genealogists. Classes start again in September. Check [www.cogensoc.us](http://www.cogensoc.us) for more information.*



Carol Darrow

## Social Security Today

### Social Security Launches New Audio Series, SSA Talks, And News Hub

Did you know we have a new audio series, SSA Talks?

You can learn more about our top priorities by listening at [www.ssa.gov/news/audio-series.html](http://www.ssa.gov/news/audio-series.html).

In our first episode, Acting Commissioner Kilolo Kijakazi and Janet Walker, Associate Commissioner for Operational HR Services, discuss how our current hiring initiative is central to improving customer service.

The 17-minute episode includes a fact sheet and transcript. The fact sheet also provides more information about working at

Social Security.

Please visit our SSA Talks page at [www.ssa.gov/news/audio-series.html](http://www.ssa.gov/news/audio-series.html) to listen and subscribe to receive alerts about future episodes!

Our new Communications Corner at [www.ssa.gov/news](http://www.ssa.gov/news) provides a central hub for the public, the press, researchers, and other stakeholders looking for information about Social Security and our programs. Visit the Communications Corner to access our blog, newsletter, bulletins, the new audio series, and more!

### Social Security Online Learning Tools

Our online learning resources for educators are great for teaching others about Social Security! Chances are that a student will know someone who receives retirement or disability benefits. Our educational resources help communicate information about our programs to a new audience and show them how our programs can help people other than retirees. Understanding how Social Security helps wounded warriors, children, and adults with disabilities can inspire greater empathy and encourage them to learn more.

We offer an educator's toolkit to engage students and teach them

about our programs. Use the toolkit to create your own lesson plan! You can also use our toolkit to teach your child or grandchild about Social Security's important programs.

The toolkit includes:

- Lesson plans with objectives.
- Infographics and handouts for each lesson plan.
- Links to Social Security web pages.
- Talking points.
- Quiz questions and answers.

For more information, we encourage you to access the toolkit at [www.ssa.gov/thirdparty/educators.html](http://www.ssa.gov/thirdparty/educators.html) and share it with your favorite educators today.



## New Patients Welcome!

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## TRADING POST

### Travel

**MOTOR COACH TOURS WITH DIAMOND TOURS**  
2023 Trips  
[www.GroupTrips.com](http://www.GroupTrips.com)/  
[travelwithaleta](http://travelwithaleta) for video and more details Email or call Aleta for complete information and flyers. [Blondealeta@msn.com](mailto:Blondealeta@msn.com) or 720.382.3814 I will escort you on these fun trips!!

### Travel

sions, guided tours  
**AND SOME OF THE MEALS!!**

### Employment

Sales and Marketing Assistant to call on Weld County Businesses. Call Michael Buckley, Associate Publisher at 970-673-5918

### Service

You lived a unique life, tell your story! You talk – I write. Leave your legacy for Family, friends and others to enjoy. Call Robbyn at 970-690-6132.

### Wanted

Sell me your film cameras - Leica M3/M4 Fair Price Paid Prefer 50-70's, German 970-823-0002

### For Sale

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

### 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](http://www.tops.org)

Is Your Eating Overwhelming You? You are not alone! We're a 12-Step fellowship for anyone suffering from compulsive eating, anorexia, and bulimia. We are a fellowship of individuals who share your problem and offer support. There are no dues or fees. Join us on Saturdays on Zoom to get started with our program. Call Us: Serene: 970-685-0369 or Donna: 480-216-0919 or visit our website at [www.ceahow.org](http://www.ceahow.org) for the Zoom info

## Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to [robert@50plusmarketplaceneews.com](mailto:robert@50plusmarketplaceneews.com) or mail this form and a check for \$29 per month made payable to:

**50 Plus Marketplace**  
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Boulder, CO 80303

- Copy due by the 10th of the preceding month.
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  - August 7/10/2023
  - August 8/10/2023
  - August 9/10/2023
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## Better Business Bureau

### BBB Tip: Phishing emails may target shoppers with post-Prime Day offers



Shelley Polansky

Once Prime Day ends, scammers may just be getting started. Con artists have been known to send phony emails and texts that look like messages from major retailers, instructing you to redeem the reward points accrued during your shopping days. Just hit delete on these phishing messages!

#### What to look out for

You receive an unsolicited email or text message that appears to be from a major retailer. (BBB has seen scammers use the names of Amazon, Kohls, and Costco... but any company can be spoofed.) The subject line reads something like, "You Have a New Reward to Claim!"

You open the message, and it looks real. The company logo, colors, and a link to claim the reward points or gift from your recent holiday shopping. As curious as you may be, don't fall for it. Scammers hide malware in these email links or attachments. When you click, they can gain access to your computer and

steal your sensitive personal information.

BBB has also seen these phishing scams pop up during the winter holidays and other major shopping events.

#### Avoid falling for email phishing scams

Never click on links or download attachments from unknown emails. Out-of-the-blue emails are often an attempt to download malware to your computer and steal your personal information.

Don't take unsolicited emails at face value. Scammers often send out mass emails that contain little or no personal information. Be wary if the email doesn't mention you or include personal information.

Hover on links to see their destination. Before clicking, place your mouse over links to discover their true destination.

Go to the source. Use the customer service information provided before purchasing rather than searching online.

Learn more about phishing scams at [BBB.org/PhishingScam](http://BBB.org/PhishingScam).

If you get a phony email from a retailer, help others avoid the same pitfall by filing a scam report at [BBB.org/ScamTracker](http://BBB.org/ScamTracker).

## A Few Thoughts About Retirement

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." Mark Twain

"Retirement is like a long vacation in Las Vegas. The goal is to enjoy it to the fullest, but not so fully that you run out of money." – Jonathan Clements

"When a man retires, his wife gets twice the husband but only half the income." – Chi Chi Rodriguez

"The best time to start thinking about your retirement is before the boss does." – Unknown

"Retired. Under New Management. See Wife For Details" – Unknown

"Retirement is when you stop living at work and start working at living." – Unknown

"Retirement: World's longest coffee break." – Unknown

"Retirement: When you stop lying about your age and start lying

around the house." – Unknown

"The best part about retirement is that you don't have to worry about getting a promotion." – Unknown

"Retirement is when you switch bosses from the one who hired you to the one who married you." – Unknown

"Retirement is the time when you finally get your head together and your body starts falling apart." – Robert Benchley

"Retirement is when you can finally admit that the only reason you joined the military was for the free haircuts." – Unknown

"Retirement is when you can finally tell the difference between a rifle and a fishing rod." – Unknown

"Retirement is when you can finally hang up your uniform and start wearing your 'I'm retired' t-shirt everywhere you go." – Unknown

## August 20th 2023 Save The Date

The Windsor Community Playhouse is presenting "ENTERTAINMENT AT ITS BEST". The show promises to be jammed packed with song, music, magic, comedy, dance and just a great time!

And a few surprises too...

You'll not want to miss this 2:00

p.m. Matinee Show. Tickets are \$20.00 and going fast!

Windsor Community Playhouse is located at 501 East Garden Drive in Windsor.

For more information, please call 970-674-1790 or visit: [www.windsorplayhouse.org](http://www.windsorplayhouse.org)

**Do you have the right tools to care for your loved one?**

Email [aging@larimer.org](mailto:aging@larimer.org) or call (970) 498-7758 today to get your **caregiver toolkit!**

LARIMER COUNTY  
Office on Aging

# 50 Plus Marketplace News Crossword Puzzle

August 2023  
Answers page 8

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#### ACROSS

- 1 To a smaller extent
- 5 Once more
- 10 Hew
- 14 Sewing case
- 15 Cabal
- 16 River in central Switzerland
- 17 Baths
- 18 Part of the verb "to be"
- 19 Greed
- 21 Nuns
- 23 Open-minded
- 24 Seed of a legume
- 25 Stable attendant
- 26 Rate too highly
- 30 Young eagle
- 35 Doctor
- 36 Annoyed
- 38 Money

#### DOWN

- 39 Hip bones
- 41 Steeple
- 43 Adjoin
- 44 Paces
- 46 Earth
- 47 Lyric poem
- 48 Sampled
- 50 Liberate
- 53 Exclamations of surprise
- 55 From
- 56 Large island of Indonesia
- 60 Asphalt
- 64 Kitchen vessel
- 65 Prefix meaning without
- 66 Unit of distance
- 67 Matron
- 68 Hebrew school
- 70 Islamic call to prayer
- 71 Arab sailing vessel

- 72 Defiles
- 73 Hawaiian goose

#### DOWN

- 1 Permits
- 2 Sewing case
- 3 Subdivision of a species
- 4 Female sibling
- 5 Partly open
- 6 Australian trees
- 7 Prefix meaning without
- 8 Republic in S Europe
- 9 Beginner
- 10 Concern
- 11 Bristles
- 12 Killer whale
- 13 Rind
- 20 At right angles to a ships length
- 22 Organ of hearing
- 25 Earnest
- 26 Writer of lyric poetry
- 27 River in W Africa
- 28 Donkey
- 29 Outstanding
- 31 Tibetan gazelle
- 32 To perform a lobotomy on
- 33 Evade
- 34 Potato
- 37 Ireland
- 40 Disposed
- 42 Mischievous person
- 45 Chairs
- 49 Which King of the Medes employed Daniel as his chief president
- 51 Newt
- 52 33rd president of the U.S
- 54 Shout of exultation
- 56 Floating vegetable matter
- 57 State in the W United States
- 58 Memorandum
- 59 Once more
- 60 False god
- 61 Taverns
- 62 Dash
- 63 Hawaiian goose
- 69 The ratio between circumference and diameter

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## Living With COPD? How to Navigate Palliative and Hospice Care

(StatePoint) Chronic obstructive pulmonary disease (COPD) is also referred to as emphysema or chronic bronchitis and makes it hard to breathe. During every stage of the disease, starting when a person is first diagnosed, different supportive care options are available that can improve quality of life, including palliative and hospice care.

It's important for families affected by COPD to have a plan in place regarding these care options. Having trusted tools and information can make getting the conversation started with healthcare providers easier.

That's why the American Lung Association, in partnership with Embassy Health, has launched a new campaign to educate patients and families about the benefits and differences of palliative and hospice care.

### Palliative Care

Palliative care provides specialized medical care for people living with a chronic or serious illness. Surprisingly to many patients, it's appropriate at any stage of COPD. Early delivery of palliative care has the potential to reduce unnecessary hospital admissions and the use of health services. In fact, it's never too soon after a COPD diagnosis to ask a healthcare provider about adding in palliative care.

The intent of palliative care for those living with COPD is to improve their condition, manage symptoms and address their wishes and treatment goals. These services are often provided by a team of palliative care specialist doctors and nurses, social workers, nutritionists and spiritual advisers, and can take place in the home, a hospital, outpatient clinic, assisted living facility, nursing

home or palliative care center.

### Hospice Care

When curative treatment options stop working, it's often referred to as end-stage or advanced COPD. This can be an extremely difficult time for patients and families, and a time where they need to make difficult decisions.

One treatment option for advanced COPD is hospice care. Hospice care focuses on bringing comfort and relief to a person with life-limiting COPD who has opted to no longer seek curative treatment. The goal is to consider the patient's overall wellbeing and improve their quality of their life.

While many worry it's too soon to start talking about hospice care, many patients discover that it comprises much more than end-of-life care.

When Carolynne, who has COPD, was hospitalized due to a severe exacerbation of the disease in November 2022, her healthcare team was especially concerned about her future and suggested hospice care. As she learned more, she began to understand that hospice encompasses supportive in-home care that could help prevent hospitalizations with another COPD flare-up. Carolynne's hospice care includes assistance with showers and medication, weekly nurse check-ins, chaplain visits, and in-home healthcare so that she doesn't have to travel to numerous medical appointments. This level of support has allowed her to focus her time and energy on her family and her favorite hobby, baking.

"I am living at home, and I can do as I please and hospice is helping me

do it," Carolynne says. "It's just a different style of living; you are living with help."

Hospice care is delivered by a multidisciplinary team that can consist of nurses, doctors, social workers, spiritual advisers and trained volunteers. Everyone works together with the patient and their caregivers to provide medical, emotional and spiritual support. An approach to care, not a place, hospice can be offered in the home, a care center, hospital, assisted living facility or hospice center.

For more information about COPD care options, visit [Lung.org/copd-plan](http://Lung.org/copd-plan).

For the 12.5 million people in the United States living with COPD and their families, having reliable information about supportive care options can mean fewer hospitalizations and a better quality of life.



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## National Coalition to Improve Nursing Home Quality

A large group of diverse stakeholders advocating for better nursing home care announced a series of actions to improve nursing homes over the next 12 months. The national Moving Forward Nursing Home Quality Coalition released nine detailed action plans today to improve quality of life for residents and quality of work for staff in nursing homes. Each plan outlines specific goals, steps to achieve them, and the partners and infrastructure required along the way.

During the past year, the 120 member coalition engaged long-term care advocates, nursing home leaders and residents, federal and state policymakers, and other advisors to develop action plans based on the areas of greatest need and biggest potential impact on resident quality of life, including: 1. addressing residents' goals, preferences, and priorities, 2. strengthening resident councils, 3. improving Certified Nursing Assistant (CNA) wages and support, 4. expanding CNA career pathways, 5. enhancing surveyor training on person-centered care, 6. designing a targeted nursing home recertification survey, 7. increas-

ing transparency and accountability of ownership data, 8. developing a nursing home health information technology readiness guide, & 9. financing new nursing home models that are smaller with private rooms.

"The time for talking is over and our network is ready for action. These plans represent reforms that stakeholders can advance to create nursing homes in which lives are nurtured, residents are empowered, and where people want to work," said Alice Bonner, PhD, RN, chair of the Moving Forward Coalition. "It's time for providers, policymakers and advocates to pull the needed levers to achieve broad, sustainable change in nursing homes."

Over the next few months, the Coalition will provide specifics about each action plan and ways for interested people and organizations to get involved and advance progress.

The Moving Forward Nursing Home Quality Coalition is funded by The John A. Hartford Foundation, and draws on leadership from LeadingAge, the Institute for Healthcare Improvement, other national organizations, and advisors.

