

CU Anschutz Geriatrics & Aging Research Symposium

On October 26, the Multidisciplinary Center on Aging at the CU Anschutz Medical Center hosted their 2023 Geriatrics & Aging Research Symposium in the Donald Elliman Conference Center. Over 250 participants attended the all-day seminar. After

breakfast, Outreach Director Jodi Waterhouse provided the welcome and opening remarks followed by many professors and department heads of their respective research fields.

gins, Vice Chair for Research, and Dr. Cari Levy, Head of Geriatric Medicine.
Dr. Wendy Kohrt, Director of Research provided the keynote presentation on Successful vs. Usual Aging: the Importance of Research in Defining the Goal. Wendy explained multiple theories of aging including stem cell research to cell delivery systems. Some anti-aging concepts included caloric restriction to over-expression of specific proteins, but none have proved successful. She explained 28% of women on menopause have a relative risk of cancer versus 5% having the actual risk.

The next round of speakers included Dr. Hillary Lum, Associate Professor in Geriatrics discussed giving support to dementia care partners, indicating well over 160,000 caregivers exist in Colorado. Dr. Kristin Pottast in Pharmacy, discussed using aspirin in older adults and what the research has shown, Dr Huntington Potter, Director of Alzheimer's & Cognition Center, discussed over 6.2 million patients have Alzheimer's and growing with life expectancy of 8 to 10 years after diagnosis, and Dr. Daniel Tollin, Professor of

Physiology. discussed basic, clinical, and translational aspects of research in aging.

The Center gave the participants a demonstration of their different fields in hearing, neurology, aging, and a virtual dementia tour.

In addition, multiple aging demonstrations and a virtual dementia tour was provided twice during the seminar.

The lunch keynote speaker, Dr. Emmy Betz, professor of Emergency Medicine, who discussed

received lightning round presentations with Dr. Jennifer Stevens- Lapsley, Director of Rehabilitation Science, explained her research in walking fast can predict mortality Dr. Dan Matlock Professor of Medicine, discussed shared decision making with older adults, Dr. Dana Carpenter, discussed improving mobility as we age, & PhD candidate Matthew Sergison, discussed how aging changes hearing.

The final round of lightning round speakers included Dr. Al Bornno. Asst. Professor of Computer Science, discussed wearable technologies for treatment of neurological disorders, PhD candidate Bridget Hoag, discussed aging tissue decline involving cancer, Dr. Achim Klug, Professor of Physiology and Biophysics, discussed changes in the auditory brain contribute to hearing difficulties in noisy situations, and last Dr. Peter Pressman, Associate Professor in Cognitive & Behavioral Neurology, discussed artificial intelligence research in aging.

Overall, the all-day seminar was well received by the participants, who received a multitude of information on aging. Thanks to the staff at CU Anschutz for an excellent seminar!



Dr. Cari Levy



Dr. Wendy Kohrt

firearm safety and prevention. She indicated 37% of older adults have firearms. In 2019, older adults over 65 years, 92% of 7,000 firearm deaths resulted in suicide. There is now a big push on firearm research and training for older adults.

After lunch, the participants

Rocky Mountain National Park Announces 2024 Pilot Reservation System

Rocky Mountain National Park (RMNP) will implement a pilot reservation system using timed entry in 2024, beginning May 24.



The pilot is similar to that used in 2023 with two types of reservations available. One permit will be for the Bear Lake Road Corridor, which includes the entire corridor, as well as access to the rest of the park. This reservation period will be from 5 am. to 6 pm. The second permit will be for the "rest of the park," excluding the Bear Lake Road corridor. This "rest of park" reservation period will be from 9 am. to 2 pm.

Permits issued using the reservation system will allow park visitors to enter the park within two-hour windows of availability, with no set time for departure. The reservation system will apply to all areas of the park. The only cost associated with booking a reservation is a \$2 recreation.gov processing fee. The Bear Lake Road Corridor timed entry reservation system will continue through Sunday, Oct. 20. However, the rest of the park reservation system will end on Tuesday, Oct. 15.

Reservations to enter the park will be available through www.recreation.gov following the below schedule.

- Beginning at 8a.m. MT on Monday, May 1. This round of reservations will be available to enter the park from May 24 through June 30.
- The next release will occur on

June 1, for the month of July and any remaining days that have not been booked for June.

- On July 1, reservations will be available for the month of August and any remaining days that have not been booked for July.
- On Aug. 1, reservations will be available for the month of September and any remaining days in August that have not been booked.
- On Sept. 1, reservations will be available for October and any remaining days in September that have not been booked.

Modifications to the 2024 pilot system include making the night before reservations available at 7 pm. MT through recreation.gov, rather than 5 pm.

For further information about Rocky Mountain National Park please visit www.nps.gov/romo, or call the park's Information Office at (970) 586-1206.

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DECEMBER Calendar

Thursday/7

The Lincoln Center presents "The Nutcracker Suite" at 7 pm for all ages. Audiences across Fort Collins will be swept up in the magic of the season as Canyon Concert Ballet returns to the stage this December with the annual classic Christmas favorite, The Nutcracker - Performing with the Fort Collins Symphony. CCB will entertain communities across the region with this magical story. Ticket fees are

Every year during the winter months, the Gardens on Spring Creek transform into a winter wonderland of sparkling lights and festive decorations. The Garden of Lights event features over 500,000 holiday lights that are skillfully arranged throughout the gardens to create stunning displays and enchanting scenes.

The Colorado Gerontological Society presents free videos on senior related issues including Medicare, Tabor Refund, etc. at <https://www.youtube.com/@COGerontology/videos>.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

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

Be sure to watch our weekly holiday musical videos on our website at www.50plus.news.

Check individual venues for current information

Calendar sponsored by:
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Bill Beyers

Ten percent of adults 65 and older experience elder abuse each year, according to the US Department of Justice (DOJ).

Abuse of an elder may encompass financial exploitation, caregiver neglect, mental abuse, and physical or sexual mistreatment. An individual may experience multiple forms of abuse at once. Abuse adversely affects the lives of older people, resulting in physical injuries, mental health issues, financial hardship, cognitive decline, and early death.

Of the 10 percent of older adults who experience abuse, roughly half are victims of financial abuse, per the DOJ. Financial abuse occurs when a person takes or misuses a person's assets.

In many cases, the abuser is someone the older adult trusts or expects to act in their best interest, such as a family member or fiduciary. Individuals often rely on others to help manage their finances as they age. Those with health conditions such as dementia that affect personal decision-making and financial planning are particularly at risk. Financial abusers may exploit an older adult's trust in them or misuse their authority as surrogate decision-makers for seniors.

Elder Law Q & A

What is Elder Abuse?

Examples of elder financial abuse include the following:

- Using an invalid or forged power of attorney to get control of an elder's accounts
- Having an older adult with dementia sign an estate planning or financial document that they do not understand
- Taking valuables, such as jewelry, from the home of an older relative during a visit
- Pressuring or coercing a senior to change their will to benefit the abuser
- Denying an older person access to family money or personal resources
- Refusing to provide an older person with money to preserve an estate for others

In a recent example of alleged financial abuse, the late U.S. Sen. Dianne Feinstein sued trustees of a fund set up by her husband. The 90-year-old senator alleged that trustees committed financial abuse by refusing to give her the distributions to which she was entitled in an effort to preserve the amount her husband's children would receive.

In future articles I will look at other types of elder abuse.

Beyers Law LLC is a law firm serving clients throughout 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.



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Government Imposter Scams: What They Are and How to Spot Them

We take breaks, paid-time off, vacations, sabbaticals, rest. But for scammers looking to steal your money, there's never a break.

They call you. They text you. They email you. They message you on social media. They're experts at disguise. And their tricks are so believable that you'll want to give them your money.

Some of their tricks are so good, they'll even make you believe you're talking to the government. And they're remarkably effective. According to the Federal Trade Commission (FTC), older adults reported having lost a total of \$200 million to government imposter scams in 2023 alone.

If you haven't encountered one or more of these thieves already, you almost certainly will. In late 2023, the U.S. Department of Justice (DOJ) filed action against one illegal telemarketing operation that alone was responsible for making over a billion scam calls to older adults. Among other things, government imposters claimed to provide assistance with Social Se-

curity and Medicare benefits.

"These kinds of scams have become a sad fact of life," said Genevieve Waterman, Director, Corporate Partnerships & Engagement at NCOA. "And, while they can and do happen at any time, we definitely see some ebb and flow alongside certain predictable patterns."

In other words: scammers are shameless opportunists who will take advantage of current events to improve their chances of success. "Medicare Open Enrollment

Period is a prime example," Waterman said. "Imposters know that calls and emails from 'the government' can seem especially legitimate around that time, so they step up their efforts."

That's why it's important for people of all ages to be aware of the types of government imposter scams, how to identify them, and what to do if you or someone you know have been scammed by one. Please read the remainder on our website at www.50plus.news starting in December 4.



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DEADLINE

10th of the Preceding Month

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

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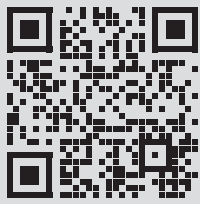
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Can you hear me now?

Holidays and Hearing Loss

The holiday season is fast approaching, it's a time for family and friends to gather and catch up on what has been happening in each other's lives. Many people gather in homes, restaurants, and at the dinner table to enjoy each other's company. This may seem like a normal occasion to most, but for someone that has hearing loss, this can be a stressful time and can lead to anxiety.



Susan Baker

Social gatherings can be very difficult for a person with hearing loss. Speech is muffled and gets lost amongst competing sounds/noise. The person will have to work harder to make sense of everything and end up finding themselves exhausted – which can cause them to give up and withdraw versus working harder to listen.

Here are some tips to help you this holiday season: 1) Take breaks to give your ears and brain a rest. 2) Find the best seat at the dinner table that allows you to make eye contact with as many people as possible. 3) Converse with those next to you or ask to continue the conversation when you

can be closer together. 4) Don't fake it. Be honest with others if you are having trouble hearing. It will make your interactions more memorable on both sides.

This holiday season, give yourself the gift of Real™ hearing. Oticon Real™ is proven to improve speech clarity by 45%, reduce listening effort by 20%, and improve memory recall

by 20%. What would it be like if you could participate in your family gatherings this year? Oticon is giving a \$200 rebate to update your current hearing aid technology through January 31, 2024

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. (970) 221-5249.

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Brightening the Holiday Season for the Military Community

(StatePoint) As we enter the holiday season and Americans across the country look forward to spending time with family, thousands of service members deployed overseas – many to the Middle East in response to the Israel-Hamas war – will not have that luxury and will be spending the holidays far away from loved ones.

Here is how USO Holidays programming delivers a piece of home to them, along with ideas for how you can get involved:

1. Care packages: A care package might seem small in light of the challenges of deployment, but for many service members, they're a reminder that they're not forgotten by Americans back home. Aside from standard USO Care Packages, which contain snacks or toiletries, USO Holidays Care Packages have festive treats and goodies, such as holiday candies, cozy socks and a warm beanie, that help bridge the gap between home and the frontlines. This year, the USO will deliver 50,000 holiday packages to over 250 locations globally.

2. Holiday traditions: Giving up treasured family traditions can be difficult. That's why USO Centers and USO Mobile teams host holiday meals for service members and their families, complete with special treats ranging from pumpkin

and sweet potato pie to hot cocoa bars. Each December, USO Holidays Cookie Week celebrates the time-honored tradition of baking and decorating cookies, putting service members and military families in the holiday spirit wherever they are located. Other seasonal programming can include tree decorating, arts and crafts, holiday-themed movie nights and ugly sweater competitions. Through these activities, service members stationed far from home can still make holiday memories.

3. Connections to home: Staying connected to family during the holidays can be difficult for service members stationed overseas, particularly for those in or near regions in conflict such as Eastern Europe or the Middle East. The USO Reading Program enables deployed service members to record themselves reading a book to their child. Then, the recording and a copy of the book are sent to that service member's family.

4. Happy travels: As most people know, holiday travel can be especially taxing. Thousands of service members and trainees from military installations across the country participate in the Holiday Block Leave period,

many traveling through some of the busiest airports in the United States to be with their families during the holidays. USO airport centers can alleviate some of that stress for service members and trainees by providing a place to relax and unwind before the next leg of their journey, along with all the comfort items they need.

To learn more about these programs and how to support them, and for ideas on how to reach out to the military community to express your thanks during the holidays and throughout the year, visit uso.org/campaign/holidays.

The holiday season can look very different for service members and military families who must celebrate while separated from loved ones and home in all corners of the world. Bringing everyone together on special days fosters camaraderie and positivity, and provides a welcome break from the demands of military life.

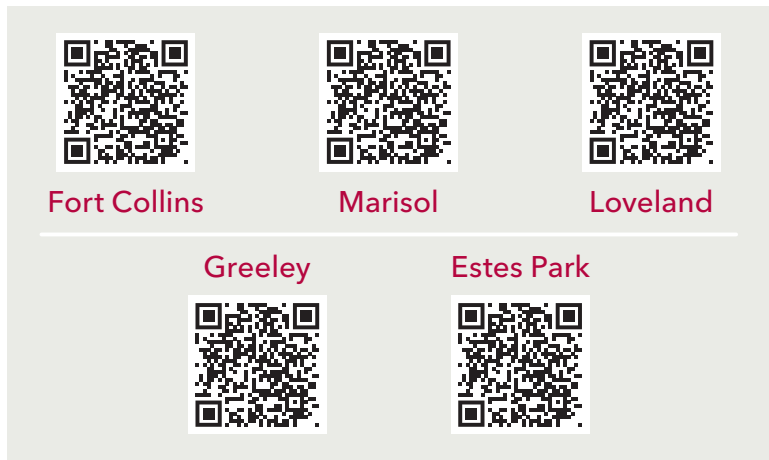


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Larimer County Office on Aging Chore Voucher Program

Are you feeling busy and overwhelmed this season? This time of year can be hectic for all of us, and feelings of stress can be compounded for older adults who struggle with day-to-day activities around their home. The Larimer County Office on Aging is here to help with the expected, unexpected, and everything in between. The Office on Aging provides many services for adults age 60 and beyond through the Older Americans Act and Older Coloradans funds, including the Chore Voucher program. This program provides older adults with reimbursement for chore services that they are no longer able to perform due to physical ability or endurance. Some examples of chores that may be reimbursed through this program include: snow shoveling, leaf raking, gutter cleaning, window washing, furniture moving, and carpet cleaning. The goal of this program is to increase safety and quality of life for individuals living independently and to help them re-



Erin Alt

main at home. The Chore Voucher program is a self-directed reimbursement program and individuals who are awarded a voucher are required to find their own provider. Once the work is complete, the Office on Aging will reimburse for the cost of labor for the approved services. Eligibility is not based on income, but preference and priority are given to eligible individuals with the greatest social and economic need. The Larimer County Office on Aging recognizes the importance of remaining in your home and strives to serve the community with programs that will help older adults to be independent, safe, and engaged in our community to the greatest extent possible. When household chores become more than you can handle, the Chore Voucher program may be able to help. If you are interested in learning more about the Chore Voucher program, contact the Larimer County Office on Aging at (970) 498-7750 or email aging@larimer.org.

Information for the 50+ Community

Fort Collins Utilities Recognized as a Smart Energy Provider

In November, Fort Collins Utilities earned a Smart Energy Provider (SEP) designation from the American Public Power Association. This designation recognizes providers for demonstrating a commitment to and proficiency in energy efficiency, distributed generation, and environmental initiatives that support the goal of providing safe, reliable, low-cost, and sustainable electric service. Fort Collins Utilities joins more than 90 public power utilities nationwide that hold the SEP designation, which lasts for two years (December 1, 2023 to November 30, 2025).

Fort Collins Utilities will be recognized with the SEP designation, which demonstrates our unwavering commitment to a sustainable energy future, as identified in the community's Our Climate Future plan. This designation affirms our dedication to pioneering innovative solutions and programs like Peak Partners, Epic Homes and Residential Solar Rebates, that not only meet the energy needs of today but also contribute significantly to a resilient and equitable future. We are proud to be at the forefront of smart energy initiatives, driving positive change for our community and beyond." said Brian Tholl, Energy Services Manager.

"Fort Collins Utilities is proud to



Fort Collins Utilities Staff

Two New Art Exhibitions Highlight Meaning in Material

The City of Fort Collins is excited to announce two new exhibitions that draw attention to the layered context material can bring to works of art at The Lincoln Center Art Gallery, through January 6.

Wrapped in Meaning features artists Annalee Schorr (CO) and Shelby Shadwell (WY). Both create work inspired by metallic Mylar space blankets, pushing boundaries about what narratives a specific material can present to the viewer. Shelby creates large-scale charcoal drawings where the reflective surfaces shimmer and shine and Annalee uses the blankets as her canvases, utilizing the folds in the blankets as a grid to paint and apply duct tape to create patterns referencing quilts and woven textiles.

In Collaborating With Excess, Kathryn Knudsen combines traditional media, abstract forms, and found objects to produce an artistic vision with the in-

tent to heal, refashion and beautify. Through her contemplative reimagining of the world of discarded consumption, the oddness of the shapes, the opalescence of the textures, and the quirkiness of the colors become a wholly new experience in itself.

Gallery Hours: Wednesday and Friday 12-6 p.m. Artist Reception: Saturday, December 2 | 5:30-7 p.m.



Pets Are Family

Keeping Your Pet Calm and Happy During the Holiday Season

The holiday season is a time of joy and celebration for many, but it can also be a source of stress and anxiety for our beloved pets. Let's talk about different ways we can help our furry friends remain calm and comfortable during the busy season.



Judy Calhoun

gets enough physical and mental exercise, helping alleviate stress through playing fetch, going for walks, using a puzzle toy, etc. Exercise and play can engage their minds and keep them occupied, which helps to reduce anxiety.

If you know that your pet can get easily anxious or overwhelmed, consult your veterinarian for recommended solutions to help curb this anxiety for when the energy of the holidays is heightened altogether.

When the holiday fun is in your home, designate a quiet and comfortable space where your pet can retreat to when they need a break. Away from the holiday commotion and equipped with their toys, bones, bedding, and water, encourage your pet to use this space when they seem overwhelmed.

Preparing ahead of time for a day or night of holiday activity is just as important. Ensure your pet

Lastly, we as humans need to lead by example since our pets can pick up on our stress and anxiety. Try to stay calm and relaxed, as your own demeanor can influence your pet's emotions. Amidst all the changes and festive energy, spend quality time with your pet to reassure them that everything is okay.

Remember that every pet is unique, so be attentive to their needs and adjust your approach accordingly. With love, care, and thoughtful planning, you can make the holiday season a joyous time for all family members, two- and four-legged alike! Learn more at nocohumane.org.

32 Years of Service Providing Information for the 50+ Community

Trains and Christmas - A Family Tradition

For generations there has been a Christmas tradition to have a model train under the Christmas tree. In today's economy along with the difficulty of finding model trains in standard retail stores and having limited space in homes, this tradition is getting more difficult to continue. At the Colorado Model Railroad Museum, we understand the desire to keep traditions alive and have created an environment where grandparents can bring their grandkids to enjoy trains during the holiday season.

The Colorado Model Railroad Museum was opened in 2009 by entrepreneur David Trussell who wanted to create an immersive model railroad experience to bring joy to people through the hobby. The museum delights visitors from around the world all year, but there is something special about Christmas and trains. The holidays bring out the child in us all and the museum has added many family-themed events this year.

Kick off the season at the museum with a visit from Santa on Saturday, November 25th, from 10am -1pm and then enjoy Downtown Greeley's WinterFest events with shopping in downtown Greeley and Light Up Lincoln which is the lighting of Lincoln Park. The

next weekend, on Saturday, December 2nd, the CMRM celebrates National Lionel Trains Day with activities for everyone. Santa will be at the museum a few more times - Dec 9th from 10am-1pm, Dec 22 from 5-7pm and Dec 23 from 10am -1pm and 5-7pm. Call to reserve your visit with that jolly elf!

The Museum is hosting Grandparent's Weekend December 16-17th, where the museum is offering grandparents \$2 off admission when they mention "50 Plus Marketplace News" at check in. Let the parents do their holiday shopping while you enjoy our miniature wonderland with your favorite kids!

For the holidays, there are additional museum hours during the Christmas Break with the museum being open daily, beginning December 19th - 31st, except for Christmas and New Year's Day. Please check the website at www.cmr.org for details about all events. Christmas Eve and New Year's Eve we are open 10am - 2pm.

All through December there are fun events in downtown Greeley which can be found on www.greeleydowntown.com under special events.



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Colorado Longitudinal Study



Have questions? We'd love to hear from you. *Hablamos español!*

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5 Things We Learned About Alzheimer's Disease in 2023

(StatePoint) 2023 was a landmark year for Alzheimer's disease research, including advancements in treatment, risk factors and diagnosis. Here are five significant discoveries made this year:

There are three new approved treatments for Alzheimer's, with a fourth on the way.

In July, the U.S. Food and Drug Administration (FDA) granted traditional approval for Leqembi for mild cognitive impairment due to Alzheimer's and mild Alzheimer's dementia. This treatment slows cognitive decline and can help people with early Alzheimer's maintain their independence.

In June 2021, the FDA granted accelerated approval to Aduhelm for the same purpose. At the Alzheimer's Association International Conference (AAIC) in July 2023, Lilly reported positive results for a third similar treatment: donanemab. The company expects FDA action in early 2024.

In May, the FDA approved the first treatment for agitation in people with Alzheimer's — brexpiprazole.

Hearing aids could slow cognitive decline for at-risk older adults.

In the largest clinical trial to investigate whether a hearing loss treatment can reduce risk of cognitive decline, researchers found that older adults with hearing loss cut their cognitive decline in half by using hearing aids for three years.

The intervention included hearing aids, a hearing "toolkit," and ongoing instruction and counseling. Though the positive results were in a subgroup of the total study population, they are encouraging and merit further investigation.

Blood tests for Alzheimer's are coming soon.

Blood tests show promise for improving how Alzheimer's is diagnosed. Advancements reported for the first time at AAIC 2023 demonstrate the simplicity and value to doctors of blood-based markers for Alzheimer's.

Blood tests are already being implemented in Alzheimer's drug trials. And they are incorporated into proposed new diagnostic criteria for the disease. Blood tests — once

verified and approved by the FDA — would offer a noninvasive and cost-effective option for identifying the disease.

The first-ever county-level estimates of the prevalence of Alzheimer's dementia — in all 3,142 U.S. counties — were reported at AAIC 2023. For counties with a population of more than 10,000 people age 65 and older, the highest Alzheimer's prevalence rates are in:

- Miami-Dade County, Fla. (16.6%)
- Baltimore City, Md. (16.6%)
- Bronx County, N.Y. (16.6%)
- Prince George's County, Md. (16.1%)
- Hinds County, Miss. (15.5%)

Certain characteristics of these counties may explain the higher prevalence, including older age and a higher percentage of Black and Hispanic residents, which are communities disproportionately impacted by Alzheimer's disease. According to the Alzheimer's Association, these statistics can help officials determine the burden on the health care system, and pinpoint areas for culturally-sensitive caregiver training.

Chronic constipation is associated with poor cognitive function.

Approximately 16% of the world's population struggles with constipation. This year, researchers reported that less frequent bowel movements were associated with significantly worse cognitive function.

People in the study with bowel movements every three days or more had worse memory and thinking equal to three years of cognitive aging. These results stress the importance of clinicians discussing gut health with their older patients.

To learn more about Alzheimer's and dementia research, plus available care and support — and to join the cause or make a donation — visit the Alzheimer's Association at www.alz.org.

While there is still much to learn about Alzheimer's, 2023 was a year of discovery, giving researchers and families impacted by the disease hope for the year ahead.

Call for a Tour. Lunch is on us!

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Genealogy Rocks!



Carol Darrow

Where are you on your genealogical journey? What are your goals and how do you calculate your progress? **Beginners** should be learning how to use Ancestry.com and FamilySearch.org efficiently and effectively. Start with just one person — your grandmother, perhaps — and trace her from the 1950 census backward through 1940, 1930, 1920, and 1910. When did she marry your grandfather? Was that her first marriage? Then you should identify her parents and her brothers and sisters. That group of family names taken together identifies her as a unique individual. Then you are ready to move backwards to 1900, 1880, and perhaps even 1870 with her parents and their parents.

Did grandmother's family immigrate into the U.S. between 1820 and 1920? Where was the port of entry — New York, Baltimore, New Orleans? Can you find them on a passenger list? Did the men go on to get naturalized as U.S. citizens? Naturalization would have produced more records.

Did grandmother's family fight in the Civil War? If they were born between 1835 and 1848 in the South, they most likely did fight. If they lived in Union states, they may have served but only for short periods. Fold3 and Ancestry.com may offer the answers.

Where did they live and how did they get that land? Was it a cash sale from the federal government? Check www.glorerecords.blm.gov by state and your family surname. Did they purchase the land from people living in the county? Familysearch.org, Catalog by state and county, has copies of the land records.

What was their final resting place? You can use www.findagrave.com to locate family members including children who may have died as infants.

Record your findings as you find them on Family Group Sheets (one for each couple) along with the source of the information. At this point you have graduated from beginner to family historian.

Carol Cooke Darrow is a Denver-based professional genealogist who teaches classes throughout the area and facilitates the WriteNOW family writing group on Zoom.



Find Einstein



Can you find the hidden Einstein in this paper?



Join the Estes Park Community Police Academy!

Anyone who has ever wondered what it's like behind the scenes at the Estes Park Police

Department can find out by attending the 2024 Community Police Academy. This informative series of classes, sponsored by the Town's Police Department and offered free of charge, will

run February 5 – March 7. Sessions take place Monday and Thursday nights from 6 p.m. to 9 p.m. at

the Town Hall Board Room, 170 MacGregor Ave. The class size is limited to 30 people.

Applications are available at the front desk of the Police Department at Town Hall, and at

www.estes.org/communitypoliceacademy. Applications must be received by Friday, Jan. 19,

2024, and should be returned to Captain Rick Life at the Estes Park Police Department or via

email at rlife@estes.org. Applicants will be required to pass a limited background check prior to acceptance.

Community Police Academy familiarizes participants with everything from constitutional law to crime scene investigation. The classes will include topics that are common among law

enforcement agencies, as well as issues that are unique to Estes Park, including patrol

operations, investigations, the Estes Park Emergency Communication Center, the Estes Valley

Restorative Justice Partnership, and the Auxiliary Police unit. Following graduation, many

academy graduates choose to continue involvement with the Police Department through its

volunteer programs. However, a commitment to future volunteering is not required.



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Winter Solstice Traditions Celebrated at Global Village Museum

For centuries, cultures across the world have commemorated the winter solstice with unique festivals and rituals. Fire and light as well as the symbolic death and rebirth of the sun are common threads in these traditions. To celebrate these customs, Fire and Light: Winter Solstice Traditions opens Friday, December 1, at the Global Village Museum of Arts and Cultures with free admission from 5-8 pm.

The Museum has invited representatives from religious and spiritual organizations to create displays of objects and information that showcase their beliefs. "The goal of the exhibit is to expand our world view of global holidays and traditions that are celebrated here in Fort Collins," said curator Sophi Wulff, the Museum's administrative assistant. "The rich cultural diversity of our city provides a great opportunity to explore the ways in which the solstice is acknowledged and observed locally."

For the Northern Hemisphere, the winter solstice will occur on December 21, 2023, the first day of winter. The earth's axis is tilted farthest away from the sun, resulting in the shortest day and longest night of the year. In conjunction with the exhibit, Winter Solstice Traditions and the Scandinavian Christmas will be presented from 6-7:30 pm Thursday, Dec. 14, by Kristina Feste-Han-

son, co-director of the Scandinavian Alliance of Colorado. The program will explore the connections between Nordic mythology and Scandinavian folk traditions and their adaptation and influence into Christmas practices. Attendees will gather in a circle around the Christmas tree amongst the Northern Lights as Feste-Hanson highlights how Scandinavian Christmas traditions derive their meaning from the Viking/Pre-Christian and folk celebrations of the winter solstice. Traditional Scandinavian Christmas baked goods and drink will be served, and participants will experience hands-on Scandinavian crafts and a mini Saint Lucia celebration.

Tickets to the program are \$5/person, and reservations are requested at globalvillagemuseum.org. The exhibit runs through Jan. 20, 2024. The Global Village Museum is located at 200 West Mountain Avenue, and Museum hours are 11am to 5 pm Tuesday through Saturday. Regular admission is \$5 for adults, \$3 for seniors and students, \$1 for ages 4-15, and free for children three and under. Adult tours receive discounted admission of \$3/person. For more information and closure dates during the change of exhibits, visit globalvillagemuseum.org or call 970-221-4600.

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Colorado Gerontological Society

Loneliness vs Being Alone



Eileen Doherty

Denver, CO. As we approach the holidays, many individuals face the dilemma of being alone, as well as feeling lonely. For many of us, the holidays are supposed to be the time to spend with family and friends or a time when we are socially connected. First, let's be clear. Being "alone" is a time when you are physically by yourself. No one is in the room or your home with you. Sometimes, we want to be alone and are happy to be by ourselves. It gives us time to think, to put our thoughts in order, or to accomplish a task or a series of tasks.

But individuals who live alone, often spend many hours without talking or interacting with other individuals. Loneliness and disconnectedness can easily be confused with being "alone," when we live alone, especially among older adults. Yet, living alone does not necessarily result in loneliness.

To manage loneliness, it is im-

portant to build positive relationships which result in resiliency. Resilience is the ability to bounce back after stressful situations, such as feeling lonely. Resilience is strengthened when you give and receive support to other individuals. Connecting with people who have a positive outlook strengthens your resilience. People with a positive outlook make you laugh, help you face difficult situations, and give you skills to face life's challenges.

Thus, being alone is simply that. No one is with you in the moment. Loneliness is an emotional state, when you experience stress and emotional distress. Resilience and kindness reduce the feelings of loneliness.

For more information about loneliness, being alone, kindness, and resilience join us for a virtual presentation on December 7 at noon. To register, visit senioranswers.org, or call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

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

Technology is Hip!

Recycling Needs More Emphasis!



Bob Larson

According to the U.S. Environmental Protection Agency in 2022, 34% of Americans recycled most everything including plastic paper, glass,

cardboard, glass, retired electronic devices, and various metals. Some citizens even recycle paint, toxic materials, and outdated prescription drugs, provided landfills or recycle centers accept them. Thirty-eight percent of Americans recycle the more popular items while 20% don't recycle anything! However, this has dropped from 42% in 2019. This is a big improvement since the 1960s when existing landfills were destined to be closed, but now are being extended another 20 to 50 years because of recycling.

Interestingly, less than one-sixth of all waste is really recycled as many plastics cannot be recycled very easily. Each ton of recycled paper saves an estimated 17 trees.

If we recycled all newspapers, we could save over 250 million trees each year to be used for new homes and buildings. Most Americans will use at least seven trees

each year in wood, paper, and other types of products. Americans use over 2 ½ million plastic bottles every 30 minutes, and most of them are thrown away rather than recycled. Millions of plastic bags are dumped into the ocean, which kills over a million sea creatures a year. All these items should be recycled to save our planet!

One of the primary reasons that recycling is promoted worldwide is to reduce the strain on the environment. Recycling can simultaneously contribute to improving the environment, the economy, sustainable manufacturing, and preventing waste from polluting both terrestrial and marine environments. The benefits of recycling are significant, which is why many countries support this practice and encourage their citizens to recycle their household or business waste.

All major cities in Colorado have recycling centers or weekly recycling pickup by the garbage collection companies. Coloradoans: lets get on board with the recycling program to protect our planet's environment and extend our landfills!

Bob Larson is a technologist, photo-journalist, and our Marketing Director.

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Reflections

To Wrap or Not



Martha Coffin Evans

The season of giving is upon us. With it comes the question whether to wrap gifts or not. Not all need wrapping.

One year, a red snow blower, with matching bow, appeared on our front porch courtesy of the children. It has lasted well

through many storms providing relief for what would have been a tired back.

Cars on occasion may display a big red bow provided by the sales person. While removed before leaving the lot, this unwrapped gift can provide many safe, pleasurable miles.

As we accumulate our share of "stuff," perhaps asking for an experience might replace "one more thing." Experiences can come in the form of trips to different locations whether new or favorites. Tickets to sports events, theater, concerts or other musical productions may appear as requested items on the "All I want for...list." Memories from these experiences become long-lasting ones often shared over the years.

Many unwrapped gifts are intangible. Giving of one's time and

talent provides a welcome gift to organizations. Calling to check on how a person is doing whether after surgery or a loss shows compassion and understanding. That's especially true if the path is a common

one. With the cost of a stamp, sending a Congratulations, Sympathy, Thinking of You or Get Well card can brighten the recipient's day.

Establishing scholarships for a friend, favorite professor or loved one keeps their memory alive. The financial award given to the recipients can help in countless ways. Learning the significance of the scholarship becomes a gift to the giver. "I couldn't have done this without you," shows its value.

I received the gift of a life-time friendship years ago. While its impact wasn't known then, we'll be celebrating it on our websites early next year. Take a look.

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates LLC, can be reached at its-memartee. Find her other writings on martycoffinevans.com.

How Families Can Protect Generational Wealth

(StatePoint) A home is often the most valuable asset a family can own. It serves as a wealth-generating opportunity for current and future generations as the home's value appreciates over time. Yet, for hundreds of thousands of people who inherited their land and homes from family members, these assets could be at risk.

Many families have experienced problems with properties that have been passed down without a will or estate plan. These properties are referred to as heirs' property. If the deed for a property is in the name of the deceased relative and a will does not exist, it results in a "fractured" or "tangled" title shared among all multiple family members or "heirs." This makes it difficult for heirs to maintain and manage the property in several ways, like securing a loan or selling the property. Additionally, heirs' property owners are often cut off from accessing governmental repair and rebuilding programs and property tax relief programs.

A key driver of heirs' property is a lack of formal estate planning. Unfortunately this issue disproportionately impacts Black and Latino Americans. According to a 2023 national survey from Caring.com, only 29% of Black and 23% of Hispanic respondents had a will or other estate planning document, compared to 39% of white respondents.

"In some families, money, and particularly estate planning, is a taboo subject, but it needs to be discussed. Assets can easily be lost if steps aren't taken to protect them," says Stacy Spann, head of Housing Access and Affordability

Philanthropy at Wells Fargo. "One of the ways we can help close the wealth gap in many communities is by empowering people to maintain home ownership from one generation to the next."

Here are some tips to get you started:

1. Start planning today. You do not have to be older or wealthy to create an estate plan.

2. Take an inventory of all your assets.

3. Create a will. You will want to provide specific instructions on your wishes for all your assets.

4. Designate beneficiaries. You can set up beneficiary designations for your banking and investment accounts, personal property and real estate.

Wells Fargo's Heirs Property Initiative is providing \$3.6 million in grant funding to 20 organizations across the country to support work addressing issues of fractured or tangled titles. Housing and legal assistance nonprofits are offering free access to resources designed to keep families in their homes and on their land so that homeownership is preserved for future generations. These resources include legal assistance for people who need help creating a will or who are already facing heirs' property challenges, as well as expert advice about tangled titles, estate planning, real estate taxes and more.

Beyond building generational wealth, taking steps to protect it is essential. With proper planning, diligence and time, you can pass down assets to loved ones that will open the door to new opportunities and advantages.

Healthcare in Your Future Symposium

On November 1, the Northern Colorado Health Sector Partnership hosted their 12th annual Healthcare in Your Future Summit in the First National Bank Building at The Ranch fairgrounds. Over 200 participants attended the morning seminar.

Master of Ceremonies Jonas McKinley gave the introductions of the sponsors and explained the four committees involved with the Summit: Leadership, Workforce, Behavior Health, and Outreach & Awareness.

Guest speakers included Dr. Chris Fellenz with Kaiser Permanente, who explained KP is a leading non-profit health provider in Colorado. KP treats specialty care patients in a more timely manner with serving over 3600 patients by 600 Primary Care Physicians. Sr. Community Health Specialist Lisa Romero & Community Health Project Coordinator Michelle Lacklore explained the patient benefits at KP.

Clinical pharmacists Katelyn Currier and Ellie Rone with Associates in Family Medicine, part of the Village MD organization discussed the weight loss medicines and how they work in today's environment.

Jeff Grobowski, CEO at Epic River, discussed the impact of artificial intelligence in billing systems, high deductibles, and the ability to collect. He indicated the average FICO credit score didn't change over the past 15 years. After 2009 with COVID, FICO dropped due to adjustable mortgage rates and credit card issues. Today, 66% of Americans felt they couldn't pay their health care bills.

Nicole Caputo, Senior Director of Experience & Innovation at UCHHealth discussed virtual reality use with cancer patients. Virtual reality is used for distracting cancer patients, reduce anxiety, and escape reality.

Kris Geerken, Co-Director of

Changing the Narrative, explained the effects of ageism on economic security, intergenerational connections, and laws & regulations on ageism. Ageism is a risk factor impacting social, emotional, and physical health. It can shorten life spans and increase social isolation. Ageism shows up in systems, societal beliefs, and policies. Historically, older people have been excluded from clinical trials and ageism was prevalent during the pandemic.

Cyndy Luzinski, Founder & Executive Director of Dementia Together, discussed their SPECAL® Method, a UK-originated, evidence-based dementia care model. SPECAL® is applicable for family care partners, senior care workers, healthcare professionals, and community members. SPECAL® provides the "what, why, and how" to practically and positively manage the disability of dementia in ways that promote lifelong dignity and well-being for people experiencing it.

Cyndy also mentioned their Memory Cafes, various support groups, and other networking events.

UCHHealth Northern Colorado CEO Kevin Unger talked about UCHHealth's plans for the future.

Lisa Marini, owner of Lisa Marini Coaching LLC, explained elevating behavioral health in healthcare regarding stress. Lisa showed how stress affects your brain and body. She explained how stress affects your relationships, career, family, and your mood. She talked about how neuroplasticity can transform your life, help you through stress, find new energy and a sense of peace, and become the best in you as possible.

Overall, the 12th annual Healthcare in Your Future Summit was a success with over two dozen vendors providing vital healthcare services in Northern Colorado.

Get A Haircut?

If you know a woman who is looking for a particularly distinct wig, you might want to get in touch with Nigerian wigmaker Helen Williams. Ms. Williams is a professional when it comes to toupees. In fact, she made headlines

recently for what the Guinness World Record judges declared is the world's longest handmade wig. It measures 1,152 feet and 5 inches in length. The question is where she got the 1,000 bundles of human hair that went into her rug.

The Cat's Meow

Here we go again. They've found another mysterious creature that has animal experts scratching their heads. This time it's a mysterious big cat-like creature that was found roaming the hills in Arizona's Phoenix Mountain Preserve. Tom Cadden at the Arizona Game and Fish Department told the Arizona Republic, "It's not

one of our native big cat species, mountain lion, bobcat, ocelot or jaguar. It's pretty big for a house cat. My guess is that it's probably something that was bought at a wildlife auction. Could be from Africa or South America. It's nothing I'm familiar with, but it's not a house cat."



(c) Buccina Studios / iStock via Getty Images Plus

Holiday Gift Ideas to Promote Healthy, Happy Feet

(StatePoint) Want to show your loved ones you truly care? Treat their feet this holiday season.

“Feet work hard. They carry our weight and get us where we need to go. They deserve some extra care and attention,” says Gretchen Lawrence DPM, AACFAS, a foot and ankle surgeon and Associate Member of the American College of Foot and Ankle Surgeons (ACFAS).

To help inspire you, here are six holiday gift ideas that promote healthy, happy feet from the foot and ankle surgeons of ACFAS:

1. Winter footwear. Outfit your loved one with the footwear they need for the season. Just keep in mind, safety doesn't have to come at the expense of fashion. While boots featuring tall, spiked heels and narrow, pointed toes can

lead to slips, falls and sprains on ice-covered surfaces, there are plenty of practical options that are also stylish.

“A low-heeled winter boot is always going to be more fashionable than a cast and crutches,” says Dr. Lawrence. “Include some soft merino wool socks for toasty toes and to wick away moisture that can cause issues like athlete's foot.”

2. Healthy food subscription services. Did you know that certain foods support healthy feet? Foods rich in calcium and vitamin D, like leafy greens and dairy products, promote strong bones (there are 26 of them in each foot!) and healing in the event of a fracture. Look into food box subscriptions that will send fresh produce, cheese or nuts to your gift recipient, so they can enjoy delicious foods that can

help build strong bones.

3. Indoor footwear. Slippers provide cozy comfort, support and traction while indoors, making them a great gift for any pair of feet. However, if you're shopping for someone living with diabetes, this is an especially thoughtful option as they must take extra care to avoid scratches and cuts on their feet. Because the condition sometimes reduces blood flow to that area, it's harder to heal from an injury or resist infection.

“People with diabetes should never go barefoot, not even at home. A great pair of slippers is a perfect holiday gift to protect their feet,” says Dr. Lawrence.

4. Ice packs. Ice packs make great stocking stuffers for those who suffer from plantar fasciitis, a common condition that can cause

stabbing heel pain. One of the first-line strategies foot and ankle surgeons recommend is icing the heel for 20 minutes several times a day to reduce inflammation and pain. Get creative by looking for ice packs in fun shapes and colors.

5. Be a workout buddy. Weight-bearing exercise, like walking, can decrease your risk for diabetes and cardiovascular disease and promotes good overall health, especially for your feet. Make a plan to go for regular walks with your loved one. They'll appreciate your special time together while you both benefit from the gift of good health.

6. Foot massage. A foot massage can alleviate muscle pain, improve circulation and soothe tired feet. Manual massage is the safest approach, so ask your foot and ankle surgeon for referrals to a qualified massage therapist and purchase a gift card for a professional therapeutic foot massage.

With holiday gifts that promote healthy feet, you can help your loved ones feel comfortable, pampered and safe at home and on winter streets.

For more healthy feet inspiration, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.



Ageism Matters

Feeling bad about your age?

How do you feel about your next birthday? Sad about getting older? Maybe that's because we need to change the narrative about aging. What if birthday celebrations became a moment of celebration instead of dread?

Birthdays are the one time we all think about aging. So it's a perfect time to stop and think before we reflexively accept the negative messages we often see.

The messages in birthday cards may be joking at times, but they reveal a lack of respect for aging. Think about all the humorous cards that are based on the belief that older people are irrelevant, incapable and ugly. Seeing them one at a time, they may seem harmless, but the messages add up.

Here's some food for thought:

What we joke about reflects our values. By stopping to think about the messages in birthday cards, we consider whether these values are useful and whether we want to sustain and spread them.

Birthdays are given in many

contexts, including situations where it is clear that ageism is doing damage. For instance, think about giving ageist birthday cards to work colleagues and how that underscores people's stereotypes and biases.



Kris & Sara

We keep hearing that people are tired of feeling bad about their age. So, let's show the world that our birthdays are a time to celebrate. Two suggestions:

Give cards that celebrate aging. What we buy tells sellers what messages we want.

Are you on social media? Post a picture and add the hashtag #notafraidofmybirthday

Learn more about ageism and how to get involved on our website.

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

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Veterans Echoes Indians On The War Path



Brad Hoopes

Air Force Captain Ken Curry was a B-52 pilot in the Vietnam War. He did three tours and flew 157 missions total. During his second tour, Ken's plane was hit by a surface-to-air-missile (SAM) during a mission. It took everything he had to control the

disabled plane, but he managed to make an emergency landing at Da Nang Air Base. His actions earned him the Distinguished Flying Cross.

Like so many veterans, Ken's war experiences left him with PTSD. In his quest to get help with it, he joined a support group of fellow veterans. It is a group that has become incredibly close over time. A group that looks out for each other. A group that circled the wagons when Ken began falling further and further into the abyss of Dementia.

In one of the group's visits to Ken, he mentioned that he would like to

see his beloved B-52 one last time. The group acted quickly and decided to visit the static display at the Air Force Academy. There was added meaning to this when it was discovered that plane was one of the actual planes Ken had flown!

With Thompson Valley EMS volunteering their services to transport Ken safely, the caravan took off south. It was a trip that was good for both Ken and the group alike. It was an emotional day.

The plane that Ken brought back safely home that day, now resides in the Air Force Museum in Dayton, OH.

Brad Hoopes has a passionate project of preserving the stories of veterans. To watch the videos of Ken's trip and/or to hear his story, visit: www.youtube.com/@rememberandhonorstories



Social Security Today Social Security Cost-of-Living Adjustment for 2024

More than 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social Security account at www.ssa.gov/myaccount. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa.gov/myaccount to opt out by changing your preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 14, 2023, to receive the 2024 COLA notice online.

“Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses,” said Kilolo Kijakazi, Acting Commissioner of Social Security. January 2024 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2024 will be higher. The retirement earnings test exempt amount will also change in 2024. Learn more at www.ssa.gov/news/press/factsheets/colafacts2024.pdf.

Be among the first to know! Sign up for or log in to your personal my Social Security account today at www.ssa.gov/myaccount. Choose email or text under “Message Center Preferences” to receive courtesy notifications.

You can find more information about the 2024 COLA at www.ssa.gov/cola.

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Loveland's Pulse Fiber Internet Is Complete!

Pulse, Loveland's community-owned, cutting-edge internet network, has reached a milestone with the completion of its capital construction. With an investment of nearly \$110 million and a meticulously managed of-our-year timeline, Pulse's network construction stands as the largest capital project in the city's history.

"This infrastructure has been designed and built with future generations in mind, ensuring Loveland remains at the forefront of modern, robust, and future-proof internet delivery," said Briana Reed-Harmel, Pulse broadband manager.

Persevering through the challenges posed by a global pandemic, supply chain disruptions, and severe inflation, the project crossed the finish line on time and on budget, thanks to the unwavering determination of over 250 local Pulse employees and contractors. The team added 631 miles of conduit and laid over 1316 miles of fiber-optic cabling, establishing a future-proof foundation that now delivers Internet, WiFi, TV, and Voice to subscribers.

Steve Adams, City of Loveland city manager, expressed, "As we celebrate the successful conclusion of this historic project, Pulse stands as a shining example of what is possible when the commu-

nity unites to pioneer innovative, collaborative solutions. We did this for ourselves, and we made it happen together."

Redefining what it means to be an internet service provider, Pulse has met and surpassed the adopted vision statements of universal access, fast internet, customer service excellence, reliability, and affordability.

- **Universal Accessibility:** Pulse has delivered on its promise of access for every home and business in Loveland, making it the only 10 Gig network in the city that offers symmetrical, uncapped connectivity to every resident and business.

- **Fast Internet:** Pulse has not only met but exceeded expectations for delivering "fast internet." According to PCMag's "2023 Best ISPs in the United States," Pulse ranked as the fastest network in the Mountain region and the second fastest in the entire country.

- **Exceptional Customer Service:** The local Pulse team's commitment to providing quality customer experiences is evident, with customer satisfaction scores over 17 times higher than the national average.

- **Reliability:** With an industry-leading 99.95% uptime, Pulse sets the standard for internet reliability, demonstrating that delivering better internet starts with

building a better network.

- **Affordable & Transparent Pricing:** Pulse proudly forgoes long-term contracts and complex promotions and ensures that no one in our community is left behind due to cost, offering free internet access to Affordable Connectivity Program-qualifying households.

Furthermore, Pulse has achieved and is exceeding subscribership goals outlined in the original business plan and is fulfilling financial commitments, with a notable 34.5% residential take rate, surpassing the initially targeted 32%.

"Pulse is the result of our community's unwavering dedication to quality, affordable connections for all, even when others doubted its feasibility. Our achievement has not only transformed our city but also inspired neighboring communities to follow suit in creating a more connected region," said Reed-Harmel.

Although the main capital build is complete, construction will continue as Pulse works to connect multi-family and commercial properties within city limits as access is gained, build out new areas as Loveland grows, and expand to serve regional neighbors. Those interested in learning more about Pulse services and availability are encouraged to visit Loveland-Pulse.com/CanISignUpNow or 970-541-4990.

Merry Christmas! Happy Hanukkah!

Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it "white." ~Bing Crosby

My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that? ~Bob Hope, American film actor and comedian.

Hanukkah is a great time to give thanks for all the miracles of life.

The lights of the Hanukkah menorah that we kindle in our homes are a reminder both of the Menorah in the Temple in Jerusalem and the light that shines brightly within each one of us. ~Libi Astair

Mail your packages early so the post office can lose them in time for Christmas. ~Johnny Carson

May you have a warm and happy Hanukkah.

I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph. ~Shirley Temple

Wishing you joy at Hanukkah. Wishing you a Festival of Lights filled with peace and prosperity.

Wishing you all the blessings and joys of Christmas and a bright year ahead.

Yes, it's been said, many times, many ways, but we still mean it just as much! Merry Christmas

Whatever you're celebrating this season, may your festivities be full of joy.



Help us Help the 50+ Community

50 Plus Marketplace News

Crossword Puzzle

December 2023
Answers page 7

1	2	3	4	5		6	7	8		9	10	11	12
13						14					15		
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59						60				61			
62						63				64			

ACROSS

- 1 Raise
- 6 Sister
- 9 Whip
- 13 Card game for three
- 14 Built-in platform bed
- 15 Every
- 16 Tiny
- 18 Agitate
- 19 Some
- 20 Cereal food
- 21 Transmit
- 22 Blend
- 24 Eating implements
- 25 In the direction of
- 28 Stuffed savory vine leaf
- 30 Slip
- 31 Merrily
- 33 Summit
- 36 Help

- 37 Greased
- 38 Revised form of Esperanto
- 39 Fish eggs
- 40 Landed
- 41 Foot-wear
- 43 Flower-part
- 45 Throat abscess
- 46 Plentiful
- 48 Lubricate
- 49 Bog
- 50 Sewing case
- 52 Japanese sash
- 55 Executive Officer
- 56 Trundle bed
- 59 Strike forcefully
- 60 Relaxation
- 61 Nimble
- 62 Increases
- 63 Inquire of
- 64 Writers of verse

DOWN

- 1 Goatskin bag for holding wine
- 2 Augury
- 3 Comply
- 4 Monetary unit of Japan
- 5 Attempt
- 6 Hard fatty tissue
- 7 Taverns
- 8 Firmament
- 9 Supple
- 10 Modification
- 11 Lizard
- 12 Refuse of flax
- 14 Glass ornament
- 17 Elevated tract of open country
- 22 Deranged
- 23 Before
- 24 Move through the air
- 25 Former Russian ruler
- 26 Potpourri
- 27 Spread over a wide area
- 28 Ceased living
- 29 Advanced in years
- 31 Female child
- 32 Malt beverage
- 34 Lyric poems
- 35 Bouquet
- 37 Wood sorrel
- 40 Monkey
- 41 Prefix "beneath"
- 42 Hasten
- 44 Chooses
- 45 One pound sterling
- 46 One-celled protozoa
- 47 Formed by mixing
- 48 Crescent-shaped figure
- 50 Periods of history
- 51 Protruding tooth
- 52 Off-Broadway theater award
- 53 Waist band
- 54 Ancient Roman days
- 56 Light meal
- 57 One circuit
- 58 Self-esteem