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50

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Marketplace

LARIMER COUNTY

NEWS



CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

June 2023 • Volume 29 • Issue 6

Father's Day Origins & Traditions

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972, 58 years after President Woodrow Wilson made Mother's Day official that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2023 will occur on Sunday, June 18.

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent

to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In

1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Paradoxically, however, the Great Depression derailed this effort to combine and de-commercialize

the holidays. Struggling retailers and advertisers redoubled their efforts to make Father's Day a "second Christmas" for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When World War II began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts. Courtesy of History.com



Northern Colorado VA Super Clinic Celebrates One Year Anniversary

In May, the Dept. of Veterans Affairs (VA) celebrated their one year anniversary at their Northern Colorado Outpatient Clinic in Loveland. Located on 4575 Byrd Drive behind the Harley Davidson Motorcycle building along Interstate 25 in Loveland, it has a staff of over 350 personnel. As part of the VA Cheyenne Health Care System, this one-year old facility provides services for over 50,000 veterans located in the Northern Colorado region. Their recent anniversary event hosted over 25 vendors from different VA support groups and related veterans' services.

The Outpatient Clinic has over 76 thousand square feet and cost \$17 million, which came in under budget. It offers primary care, mental health, radiology, dental, physical therapy, social work, laboratory services, pharmacy, audiol-



Pictured are the medical staff with a Vietnam Veteran in Physical Therapy

ogy, optometry, and specialty services such as cardiopulmonary and podiatry services too. Interestingly, they are expanding in several areas with dental hygienists, case workers, and more mental health practitioners. Plus they have four

chaplains on call in the facility. All registered veterans who need help with these free services should stop by to visit this amazing facility and dedicated staff! Call the Clinic at 970-593-3300 for more info!

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JUNE Calendar

Dementia Together Hosts New Veterans Support Group

Besides their popular Memory Café support groups in Larimer and Weld counties, the Dementia Together support organization is hosting a new dementia group for veterans. Started in April, they invite any veteran with their family caregiver or family member to join their monthly meetings in Fort Collins. Owner Cyndy Luzinski and Program Manager Andrea Scandrett want to support any veteran with dementia with the goal of getting the veterans to talk about their military service for memory recollection.

The group starts each meeting by reciting the pledge of allegiance and singing the different armed forces songs. At their May meeting, they

encouraged the veterans to bring their favorite photo albums of their past military service. Several veterans showed their albums with one veteran who was a cartoonist for the Air Force, showing his many humorous military cartoons.

Pictured are several veterans with support group leaders (standing on left) Navy veteran Bart Bartholomew and Program Manager Andrea Scandrett. They meet on the fourth Monday at 10 am of each month. Location to be announced in their weekly email. For more information on this support group, please call Andrea at 970-305-5271 or email her at andrea@dementiatogether.org.



Tuesday/6

AARP presents a free online program on “Discover the Safety Benefits of New Car Technology” at 9 am on Zoom. This 90-minute interactive workshop will cover the latest technologies to look for when shopping for a new car and how to make the most of these high-tech safety features when driving. Learn about the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights and more! Email: drive@aarp.org to register.

Monday/12

Alzheimer’s Assn. presents a free program on “Understanding Alzheimer’s and Dementia” at 5 pm on Zoom. Alzheimer’s disease is not a normal part of aging. Join us to learn about the impact of Alzheimer’s; the difference between Alzheimer’s and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer’s Association resources. Register by phone at 800-272-3900.

Thursday/15

Colorado Gerontological Society presents a free program on “Aging in Place: Living Alone with a Support System” by Eileen Doherty at 12 noon on Zoom. Choosing your support system is important. Learn more about steps to take to continue to live independently. Please register online at www.senioranswers.org or call 855-293-6911.

Saturday/17

Larimer County Genealogical Society presents a free program on “Question Everything: Breaking through Brick Walls We’ve Built” by Eilene Lyon at 10 am in Prairie Sage room in the Fort Collins Senior Center or on Zoom. Eilene will give examples from her research and demonstrate how to question our assumptions and dig deeper into the sources we already have. Register online at www.lcgsc.org.

The Fort Collins Senior Center at 1200 Raintree Drive presents a FREE Health & Wellness Expo from 10 am to 2 pm in the gym. Over 60 vendors will participate with lots of info on their products and services. Lots of free parking.

Thursday/22

AARP presents a free program on “Ten Warning Signs of Alzheimer’s” at 11 am on Zoom. Join us to learn how to recognize common signs of Alzheimer’s disease in yourself or in a loved one; how to approach someone about memory concerns; the importance of early detection of Alzheimer’s and benefits of a diagnosis; and possible tests and assessments of the diagnostic process. Register at email: KRitualo@aarp.org.

Check with individual venues for current information.

Calendar sponsored by...
Beyers Law

Larimer County Office on Aging

Pride Month



Kate Poppenhagen

June is nationally recognized as Pride month, serving as a time to celebrate L G B T Q + pride and to remember and honor the strides the LGBTQ+ community has made towards visibility, equality, and liberation.

Over the past several years, there has been increased awareness of the unique challenges that older adults in the LGBTQ+ community face as they contemplate accessing services. In a recent national survey by AARP, more than 60 percent of LGBTQ+ older adults surveyed indicated that they would be concerned about how they would be treated when accessing long-term care services. Survey participants disclosed fears of refusal of care, heightened anxieties of abuse or neglect, and concerns that they may be forced to hide their true identity.

In response to the growing need for inclusive and culturally sensitive long-term care services, at the national level, SAGE, the world’s largest and oldest advocacy and services organization for LGBTQ+ elders, and the Human Rights Campaign Foundation, an educational offshoot of the nation’s largest LGBTQ+ civil rights organization, launched the Long-Term Care Equality Index (LEI) in 2021. The LEI encourages long-term care communities to adopt policies and best practices for offering culturally competent and responsive care to LGBTQ+ older adults by providing communities with resources, tools, and technical assistance.

At the local level, Partnership for Age-Friendly Communities (PAFC), with support from Volunteers of America and the Office on Aging, has begun to advocate for the adoption of the LEI into our local long-term care communities. Lorye McLeod, Executive Director of PAFC notes, “The LEI is important to PAFC so that as an organization we can understand barriers that the older adult LGBTQ+ community is facing so that sustainable solutions can then be implemented within the community.” If you would like to learn more about the LEI, or how to integrate it into your care community, visit theLEI.org.

The Kindness Dialogue

Are your relationships with the significant people in your life in need of attention? You change the oil in your car every X thousand miles. When your computer crashes, you reboot it. But what do you do if your marriage is getting gummed-up with accumulated crap? Or your kids or parents begin to assault you with reptitious and old, worn-out misunderstandings? Wouldn’t you think there would be an app you could use to lighten things up and actually start having more fun . . . and maybe more peace in the valley?

Well, there is. Go to www.the-kindness-dialogue.com.

There you will find a free program that shows you how to do it.

No joke. It is free ... really.

Of course, you can hire a coach if you find it too complicated.

Questions? Call Dr. Christian Hageseth at (970) 222-1867.



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

Professionals For Seniors



Professionals For Seniors members chatting before sitting down for breakfast, introductions, and special announcements.

They were guests of Brookdale Mariana Butte host of the gathering.

To the far left is Pam Webb, Brookdale Mariana Butte's Sales Manager. Pam is introducing her staff to the Professionals For Seniors. The team went out of its way to provide a warm and friendly welcome to all who attended the P4S gathering.



CONTACT How To Reach Us

email
robert@50plusmarketplaceneews.com

phone
303-694-5512

mailing address
4400 Sioux Dr.
Boulder, CO 80303

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

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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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Robert A. Trembly II

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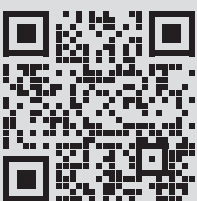
Contributing Writers
Boulder County Senior Centers
Boulder County Agencies
& Businesses

Marketing Director
Bob Larson

Product Consultants
Michael Buckley
Robert Trembly

Design/Production
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*Independent Market Research

www.bouldercentre.com

Joining forces to serve you ...

Passion to make a difference in the lives of our seniors is what drew Sandra Acevedo, Monica Londono and I, to the Home Care industry. Sandra and Monica have served seniors of Weld County and Longmont for the past 10 years as owners of Seniors Helping Seniors in that territory. I have had the privilege of delivering care to seniors in Larimer County for the last 10 years as Manager of Seniors Helping Seniors Larimer.

We've always been connected by a shared vision. Creating joyful moments and fostering independence for seniors in their homes with dignity, respect, compassion and kindness. We joined forces a year ago, acquiring the Larimer entity and merging it with Weld to better serve our Northern Colorado seniors. We bring to this a collective experience of 30 years in the home care business

and as importantly, a renewed sense of commitment to serve our seniors in the community.

Our mission is to find caring, loving, compassionate, active seniors who can provide personal, companion and dementia Care services to seniors who need it. We work to carefully match our caregiver's skills and talents with our client's needs and interests and strive to create connection, even as we provide services. This is what makes our program unique.

In the time we've been together, we are already seeing the impact of the synergy, as we bring quality care to even more seniors in the Northern Colorado with a wider pool of committed care providers. As we support seniors to continue living in the comfort of their homes ensuring safety and well-being, we are grateful for being part of their lives in the

care we provide.

"Far and away the best prize that life has to offer is the chance to work hard at work worth doing" - Theodore Roosevelt

Tina Saldanha
Co-owner
Seniors Helping Seniors

A	L	A	S		S	C	A	L	P		T	A	S	K
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WE ARE LOCAL!

Ageism Matters

Ageism adds to the epidemic of loneliness



Kris & Sara

The recent U.S. Surgeon General's report, "Our Epidemic of Loneliness and Isolation," highlights the detrimental effects of loneliness and social isolation on physical and mental health. While this epidemic affects people of all ages, older adults are particularly at risk. Ageism, discrimination directed toward people based upon age, can exacerbate loneliness and isolation.

Ageism shortens lifespan, worsens physical and mental health, hinders recovery from disability, and accelerates cognitive decline. Ageism also reduces access to employment, education, and health care, all of which impact health and can increase social isolation.

According to the report, social isolation and loneliness can increase the risk of early death in older adults by up to 50%. A lack of social connections can make it difficult for older adults to access healthcare services and support.

This isn't just an issue for older adults. A survey by Cigna found that nearly half of Americans re-

ported feeling lonely and disconnected from others. The pandemic only intensified this through quarantine and social distancing measures.

As the U.S. Surgeon General, Dr. Vivek Murthy, stated, "We cannot afford to ignore loneliness and social isolation – especially now. Addressing this epidemic requires an all-hands-on-deck approach."

This is a public health issue and we need to address it. Solutions include programs to combat ageism and promote intergenerational connections, and initiatives to increase social support and connectedness for people of all ages. To start, check out Changing the Narrative's free intergenerational conversation toolkit that helps people of all ages engage in meaningful conversations. By recognizing the impact of loneliness on everyone and taking action, we can work together towards a healthier, more connected society.

Sara Breindel & Kris Geerken, 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.

Elder Law Q & A

When Does Someone Need Financial Guardianship



Bill Beyers

When individuals cannot manage their finances, courts can appoint financial guardians. In Colorado, a financial guardian is referred to as a conservator.

In cases where individuals need help with personal and financial decisions, the court can order guardianship of the person and conservatorship of the person's finances. The guardian and conservator can be the same or different people or entities.

Conservatorship gives the conservator the authority to oversee the protected person's finances and access money to pay bills. In many cases, the terms of the arrangement require the conservator to seek court approval before taking financial actions on behalf of the ward, such as selling assets.

Courts appoint conservators when people demonstrate that they cannot handle their finances on their own. Situations include individuals who frequently forget to pay bills, individuals who are vulnerable to financial exploitation, and individuals with diseases and disabilities that prevent them from understanding money.

Conservatorship is appropriate when a person is impaired and cannot make their own decisions. Suppose an individual still can make decisions and understand the consequences of their choices. In that case, the person can execute a financial power of attorney. This gives a trusted individual the ability to handle their assets.

Compared to financial guardianship, a financial power of attorney can protect individuals' rights while allowing someone to step in and help with monetary decisions. Under conservatorship, it is more difficult for the protected person to change the arrangement if disagreements with the conservator arise. The person subject to the arrangement must petition the court to modify or terminate it.

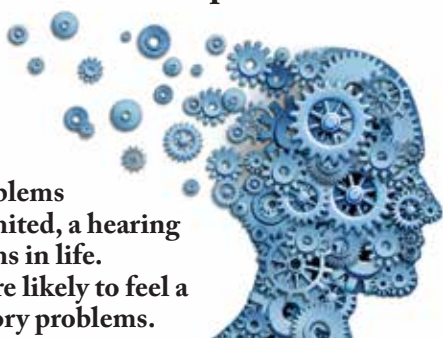
Revoking a power of attorney is, by comparison, straightforward. As long as the individual who made a power of attorney retains capacity, they can withdraw their power of attorney at any time for any reason. They can also appoint a new agent without judicial oversight.

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.

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.

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



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Say you saw it in 50 Plus Marketplace News

Colorado Gerontological Society Expansion Of Dental Services For Older Adults

Denver, CO. Medical experts,



Eileen Doherty

policy makers, and political leaders are all starting to not only realize the importance of dental care, but are expanding the financial support to help older adults pay for dental services.

Starting July 1, 2023 adults on Medicaid will be eligible to receive additional dental care as the annual caps have been lifted. You do need to be receiving Medicaid and see a dentist who accepts Medicaid to take advantage of this benefit.

The Colorado Gerontological Society is expanding our services to residents of the Metro Denver area, as well as Boulder and Larimer county. Additionally, if you have family or friends who live west of I-25, south of the Wyoming border and north of the New Mexico border, we are able to serve those

individuals as well.

To qualify for the program, individuals must be age 60 and over, live in Colorado, see a participating dentist who agrees to accept the state's fees, and be prior approved for care. Income must be less than \$3038 for a single person and \$4108 for a couple.

The services we can provide include exams, x-rays, fillings, extractions, full and partial dentures. Other procedures such as root canals and crowns are approved on a case by case basis. We do not cover fixed bridges and implants.

Procedures that are covered by the grant and pre-approved are usually covered in full by the grant.

To apply, call our office for an application or visit our website at www.senioranswers.org/programs/dental-grants/. For more information, 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.



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ANSWERS ON AGING RESOURCE GUIDE

Larimer County Office on Aging (LCOA), 970 498-7750.

For the most current information, the complete LCOA Answers on Aging Resource Guide is available at: Larimer.gov/seniors. The information in this guide is updated annually in September.



This guide is to help older and disabled adults understand the long term service and support options available locally. The LCOA receives federal and state funding to serve people 60 and over with a goal of helping to keep older adults independent in their own homes. In addition to providing funding to 20 community partners, the LCOA has knowledgeable and dedicated staff.

ADULT DAY PROGRAMS

Easter Seals Colorado WINGS	(970) 669-2777
Elderhaus Adult Day Program, Inc.	(970) 221-0406
Elderhaus - Mindset	(970) 221-0406

ADVANCE DIRECTIVES

Larimer Advance Care Planning Program	(970) 482-1909
Systems of Care Initiative (SOCl) Advanced Care Planning	(970) 449-6840
UCHealth Senior Services/Aspen Club	(970) 495-8560

APPLICATION ASSISTANCE

Larimer County Office on Aging Aging and Disability	(970) 498-7750
Catholic Charities Senior Services	(970) 616-8640
Larimer County Department of Human Services	(970) 498-6300
Larimer Health Connect	(970) 472-0444
UCHealth Senior Services/Aspen Club	(970) 495-8560

CAREGIVER SUPPORT

Aging Clinic of the Rockies at CSU	(970) 491-6795
Columbine Health Systems Center for Healthy Aging	(970) 472-9798
Alzheimer's Association 24/7 Helpline	(800) 272-3900
The Center for Family Outreach	(970) 495-0084
Dementia Together	(970) 305-5271
Larimer County Office on Aging Family Caregiver Support	(970) 498-7758
Namaqua Center - SummitStone Health Partners	(970) 494-4200
Volunteers of America Caring Companion Program	(970) 472-9630

LARIMER COUNTY CLASSES FOR CAREGIVERS

Powerful Tools for Caregivers	(970) 498-7758
Stress-Busting Program for Family Caregivers	(970) 498-7758

CASE MANAGEMENT/CARE MANAGEMENT

Cancer Support Services - UCHealth	(970) 297-6165
Catholic Charities Senior Services	(970) 616-8640
Foothills Gateway, Inc. – Community Center Board	(970) 226-2345
Larimer County Options for Long Term Care	(970) 498-7780

LIV Health	(970) 888-4070
Regional Accountable Entity (RAE) Care Management Referral Line:	(800) 793-1339

COMMUNITY ASSISTANCE RESOURCES

A Little Help	(970) 412-9396
Berthoud Life Center (located at Grace Place Church)	(970) 532-0161
Better People Care, LLC	(970) 988-9085
Crossroads Ministry of Estes Park	(970) 577-0610
House of Neighborly Service	(970) 667-4939 (970) 532-0161
Partnership For Age-Friendly Communities in Larimer County (PAFC)	(970) 310-4900
Pro31 Safe Senior Driver, LLC	(970) 988-9085 or (303) 653-8864
Serve 6.8 - The Resource Center	(970) 449-5404

DENTAL ASSISTANCE

Family Dental Clinic, Health District of Northern Larimer County	(970) 416-5331
Donated Dental Services (DDS) Dental Lifeline Network of Colorado	(303) 534-3863
Salud Family Health Centers - Dental Services	(970) 484-0999
Sunrise Loveland Dental	(970) 461-8942

EDUCATION

English Language Acquisition at The Learning Source (970) 204-8181

ELDER ABUSE & PROTECTION

AARP ElderWatch	(800) 222-4444 (Option 2)
Alternatives to Violence	(970) 669-5150 (After Hours Crisis Line, press option 1)
Crossroads Safehouse	(970) 482-3502
Don't Take the Bait - https://www.larimer.gov/information/frauds-scams	
Larimer County Sheriff's Office	(970) 416-1985
Estes Park Police Department	(970) 586-4000
Fort Collins Police Services	(970) 221-6540
Loveland Police Department	(970) 667-2151
Larimer County Adult Protective Services	(970) 498-7770
Long Term Care Ombudsman Larimer County Office on Aging	(970) 498-7750
SAVA Center 24-hr. Rape Crisis	Hotline: (970) 472-4200 FTC (970) 472-4204 Lvd (970) 775-2962

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 UCHealth Aspen Club for assistance: 970.495.8558 or 970.495.8560.



Caring Hearts

home healthcare

HOW CAN WE HELP?



IN HOME THERAPIES

nursing • physical therapy • occupational therapy
speech therapy • medical social work
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we are nationally recognized for excellence in quality outcomes!
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Medicare does not require a three day hospital stay to qualify for Home Health Care... Once qualified Medicare and Medicaid cover Home Health Care 100%.

Unlike out-patient therapy, there is no copay or limit on home health therapy provided under Medicare.

CALL TO SEE HOW WE CAN HELP TODAY!

Ager's Resource Guide

Stop Fraud Colorado (Colorado Consumer Line) (800) 222-4444

EMPLOYMENT ASSISTANCE

Colorado Division of Vocational Rehabilitation (970) 207-6464
 Larimer County Economic & Workforce Development (970) 498-6600

FINANCIAL ASSISTANCE

Social Security Administration Local (866) 336-7385 National (800) 772-1213
 Social Security & Supplemental Security Income Local: (866) 336-7385 National (800) 772-1213

AGENCIES

Catholic Charities of Larimer County (970) 484-5010 x1
 City of Fort Collins Utilities (970) 212-2900
 Crossroads Ministry of Estes Park (970) 577-0610
 Energy Outreach Colorado (EOC) (866) 432-8435
 House of Neighborly Service Community Life Center (970) 667-4939, (970) 532-0161
 La Familia/The Family Center (970) 221-1615
 Low Income Energy Assistance Program (LEAP) Toll Free (866)-432-8435
 Neighbor to Neighbor (970) 484-7498
 Community Life Center (970) 663-4163
 The Salvation Army - Fort Collins (970) 207-4472
 The Salvation Army - Loveland/Berthoud (970) 699-8380

FOUNDATIONS

A.V. Hunter Trust, Inc. (Funds For One) (303) 399-5450
 Friends of Man (303) 798-2342

FOOD SENIOR LUNCH PROGRAMS

Estes Park Senior Citizens Center, Inc. (970) 581-2195
 VOA "Smiling Spoon" Senior Dining Centers (970) 472-9630
 Berthoud Senior Center 248 Welch Avenue, Berthoud
 Bellvue Grange 2929 North County Road 23, Bellvue
 Chilson Senior Center 700 East 4th Street, Loveland
 Fort Collins Senior Center 1200 Raintree Drive, Fort Collins
 Oakbrook I 3200 Stanford Road, Fort Collins

Oakbrook II 3300 Stanford Road, Fort Collins
 Sanctuary Place Apartments 3732 Kunz Court, Fort Collins
 Wellington Senior Center 3800 Wilson Avenue, Wellington
MEALS-ON-WHEELS

Estes Valley Meals on Wheels (970) 480-1082
 Meals on Wheels Fort Collins (970) 484-6325
 Meals on Wheels of Loveland & Berthoud (970) 667-0311
 Volunteers of America Meals on Wheels (970) 472-9630

FOOD DISTRIBUTION

Food Bank of Larimer County (Food Share) (970) 493-4477
 House of Neighborly Service
 Community Life Center (970) 667-4939, (970) 532-0161
 Loveland Community Kitchen (970) 278-1726
 The Salvation Army - Fort Collins (970) 207-4472
 The Salvation Army - Loveland/Berthoud (970) 699-8380
 Serve 6.8 - The Resource Center (970) 449-5401

NUTRITION SERVICES

Volunteers of America - Nutrition Counseling (970) 658-5361

HEALTH INSURANCE COUNSELING

Larimer Health Connect (970) 472-0444
 UCHealth Senior Services/Aspen Club (970) 495-8560

HEALTH PROMOTION & WELLNESS

Banner Health Wellness (970) 810-6633
 CSU/Larimer County Extension for Healthy Living (970) 498-6000
 Health District of Northern Larimer County (970) 224-5209
 Larimer County Department of Health & Environment
 FTC - (970) 498-6700 LVD (970) 619-4580 EP (970) 577-2060
 Rocky Mountain Memory Center (970) 221-1073
 Provides Sound Affects (585) 298-6282
 Su Familia National Hispanic Family Health Hotline: (866) 783-2645
 UCHealth Senior Services/Aspen Club (970) 495-8560
 Women's Wellness Connection: American Cancer Society (866) 951-9355

HEARING

Cap Tel (Captioned Telephones) VP (720) 949-7457, V (303) 866-2097
 Communications Technology Program (CTP) www.ccdhh.com/index.php/ctprogram/
 Larimer County Hearing Aid Bank (970) 443-4962
 Relay Colorado Voice/TTY 711 or (800) 659-3656

HOME HEALTH CARE AGENCIES

The Colorado Dept of Health & Environment (303) 692-2910 or (800) 842-8826

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A Little R and R Home Care	(970) 667-1067	No	Yes	Yes	
Ability Home Health Care	(970) 658-6509	Yes	No	Yes	
Accentcare Home Care & Hospice	(970) 346-9700	Yes	No	Yes	
Alexander Home Healthcare	(970) 682-2632	Yes	Yes	Yes	
Amada Senior Care	(970) 237-5747	No	Yes	No	
Amazing Care Home Health	(970) 286-6980	Yes	No	Yes	
Aveanna Healthcare	(970) 416-6481	Yes	No	Yes	
Banner Home Care Lvd	970 820-4435	Yes	No	Yes	
Bayada Home Health Care	(970) 282-8500	Yes	No	Yes	
BrightStar Care	(970) 667-7778	Yes	Yes	No	
Canyon Home Care & Hospice	(970) 330-5655	Yes	No	Yes	
Caring Hearts	(970) 378-1409	Yes	No	Yes	
Caring Senior Service	(970) 672-1734	No	Yes	No	
Charter Healthcare	(970) 667-2273	Yes	Yes	Yes	
Columbine Poudre Home Care	(970) 482-5096	Yes	Yes	Yes	
ComForCare Home Care	FC (970) 460-9947	Yes	Yes	Yes	
Comfort Guardians Home Care	(970) 488-9835	No	Yes	No	
Estes Park Home Health Care	(970) 586-2273	Yes	Yes	Yes	
First Light Home Care	(970) 515-5025	No	Yes	No	
Good Samaritan	(970) 624-5468	No	Yes	No	
HomeCare of the Rockies, Inc.	(720) 204-6083	No	Yes	No	
Home Helpers Home Care	(970) 776-4376	No	Yes	No	
Home Instead	(970) 494-0289	No	Yes	No	
HomeWatch Caregivers	(970) 674-9723	No	Yes	Yes	
HomeWell Senior Care	(970) 461-4799	No	Yes	No	
Humble Horizon Home Health	(970) 305-0301	Yes	Yes	No	
Interim Healthcare of Fort Collins	(970) 472-4180	Yes	Yes	Yes	
Just as Family, LLC	(970) 567-3804	No	Yes	No	
Maxim Healthcare Services	(970) 493-9300	Yes	No	Yes	
PeopleCare Health Services	(720) 863-1508	No	Yes	Yes	
Preferred Care at Home	(970) 232-3123	No	Yes	Yes	
Preferred Home Health	(970) 776-1970	Yes	No	Yes	
Right at Home	(970) 494-1111	No	Yes	No	
Senior Helpers	(970) 658-8228	No	Yes	No	
Seniors Helping Seniors	(970) 631-8251	Yes	Yes	No	
Synergy Homecare	(970) 373-1558	No	Yes	No	
Talem Home Care of Fort Collins	(970) 829-0447	No	Yes	Yes	
Visiting Angels s, Windsor	(970) 292-5668	No	Yes	No	

HOME MAINTENANCE

Accessible Systems of Northern Colorado (970) 475-1880
 Adopt-A-Neighbor Program (970) 224-6046

Ager's Resource Guide

Ascent Mobility Solutions (720) 545-9222
 Energy Resource Center www.erc-co.org/free-weatherization (970) 617-2801
 Frontier Access and Mobility (970) 223-8267
 Larimer County Home Improvement, www.lovelandhousing.org, (970) 635-5931
 Loveland Snow Squad (970) 962-2764
 Rural Development Loan & Grant Program (719) 456-0120 x4
 Volunteers of America Handyman Program (970) 472-9630

HOME SAFETY

Berthoud Fire Protection District (970) 532-2264
 Loveland Fire Rescue Authority (970) 962-2497 Fire Prevention (970) 962-2537
 Poudre Fire Authority (970) 416-2892 Fire Prevention Bureau (970) 416-2891
 Wellington Fire Protection District (970) 568-3232

HOMELESS SHELTERS & SERVICES

137 Homeless Connection and Inclement Weather Shelter (970) 667-1532
 Samaritan House Fort Collins (970) 484-5010 x 5
 After 4:30 pm (970) 493-0141
 Fort Collins Rescue Mission (970) 224-4302
 Homeward Alliance (970) 494-9940 (970) 829-1151
 or visit: www.homewardalliance.org/product
 Sister Mary Alice Murphy Center for Hope (970) 494-9940
 Support Services for Veteran Families (SSVF) Volunteers of America (970) 391-9925

HOSPICE & PALLIATIVE CARE

Accentcare Home Care and Hospice (970) 346-9700
 Banner Homecare and Hospice (970) 352-8487, Inpatient (970) 475-0041
 Bristol Hospice of Northern Colorado (970) 619-8378
 Canyon Home Care and Hospice of Loveland (970) 330-5655
 Charter Healthcare and Hospice (970) 667-2273
 Colorado Visiting Nurses Association (970) 535-0870
 Dignity Hospice of Colorado (970) 893-8585
 Estes Park Health Hospice Care (970) 586-2273
 Halcyon Hospice & Palliative Care (970) 535-0870
 Pathways (970) 663-3500

HOUSING

Affordable Housing


Big Thompson Manor I (reduced rent) (970) 667-4195
 Big Thompson Manor II (subsidized) (970) 667-4195



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(970) 494-1111
 www.rightathome.net/northern-colorado



Ager's Resource Guide

Hamilton Park Apartments I & II (subsidized)	(970) 532-3725
Harvest Pointe (subsidized)	(970) 622-9907
Legacy Senior Residences (reduced rent)	(970) 221-0212
Mirasol Senior Community (reduced rent)	(970) 663-1300
Northern Hotel	(970) 493-2070
Oakbrook I (subsidized)	(970) 226-5060
Oakbrook II (subsidized)	(970) 223-1356
Oakridge Crossing	(970) 286-2299
The Pines Apartments (reduced rent)	(970) 591-2535
Reflections Senior Apartments (reduced rent)	(970) 225-3711
The Remington (formerly DMA Plaza Apartments)	(970) 493-7727
The Sanctuary (subsidized)	(970) 225-2116
Silver Leaf I & II (Loveland Housing Authority) (subsidized)	(970) 667-3232
Trail Ridge Apartments (subsidized)	(970) 586-0216
The Villages at Bryan (reduced rent)	(970) 416-2460
The Willows (Neighbor to Neighbor) (reduced rent)	(970) 484-7498
Windtrail Park (CARE Property) (reduced rent)	(970) 282-7522
Woodbridge Senior Apartments (reduced rent)	(970) 472-1703

Affordable Housing: Not Senior Specific

CARE Housing	(970) 282-7522
Estes Park Housing Authority	(970) 591-2535
Housing Catalyst	(970) 416-2910
Loveland Housing Authority	(970) 667-3232
Neighbor to Neighbor	FC (970) 484-7498, Lvd (970) 663-4163
Community Life Center	(970) 663-4163

Assisted Living Homes

AppleLeaf Assisted Living (Medicaid accepted)	(970) 532-2600
Aspen House Assisted Living (Memory Community)	(970) 635-9800
Aspen House II (Memory Community)	(970) 635-2500
Bethesda Gardens Loveland	(970) 461-1100
Brookdale Fort Collins AL	(970) 229-9777
Brookdale Fort Collins MC (Memory Community)	(970) 229-9777

Brookdale Mariana Butte (Memory Unit)	(970) 622-0012
Brookdale North Loveland	(970) 667-9500
Center at Rock Creek	(970) 223-4376
Collinwood Assisted Living (Medicaid accepted except in Memory Unit)	(970) 223-3552
The Courtyard of Loveland (Medicaid accepted)	(970) 667-3342
Creskide Gardens (Medicaid accepted)	(970)494-3253
Eagles Nest Assisted Living	(970) 493-1073
Fox Meadows Assisted Living	(970) 449-4472
Garden Square at Spring Creek (Medicaid accepted)	(970) 494-3253
Good Samaritan Society Estes Park Village	(970) 800-4853
Good Samaritan Society Fort Collins Village	(970) 323-7675
Good Samaritan Society Loveland Village	(970) 457-8109
Heritage Haus (Medicaid accepted)	(970) 669-5616
The Hillcrest	(970) 593-9800
Lakeview Commons (Medicaid accepted)	(970) 278-4000
Live To Assist	(970) 224-1400
Loveland House Assisted Living (Medicaid accepted)	(970) 663-2223
MacKenzie Place (Memory Unit)	(970) 207-1939
Monarch Greens Assisted Living (Medicaid accepted)	(970) 449-5644
MorningStar Assisted Living and Memory Care (Memory Community)	(970) 999-8790
New Mercer Commons (Memory Unit)	(970) 495-1000
Park Regency Loveland (Medicaid accepted)	(970) 461-1100
Prestige Living	(970) 308-2713
Primrose Place (Medicaid accepted)	(970) 667-5962
The Residence at Oakridge (Medicaid accepted)	(970) 229-5800
Seneca House Assisted Living	(970) 795-8600
Seven Lakes Memory Care (Memory Community)	(970) 461-5918
Terry Lake Assisted Living	(970) 221-3707
Turnberry Place Assisted Living	(970) 482-2215

Independent Living Communities

Good Samaritan Society Estes Park Village	(970) 577-7700
Good Samaritan Society Fort Collins Village	(970) 226-4909
Good Samaritan Society Loveland Village	(970) 669-3100
The Hillcrest	(970) 541-9674
MacKenzie Place	(970) 207-1939
Parkwood Estates Retirement Residence	(970) 482-3924
Rigden Farm Senior Living	(970) 224-2700
Sugar Valley Estates	(970) 669-2317
The Wexford	(970) 667-1900
The Winslow	(970) 492-6200
The Worthington	(970) 490-1000

Skilled Nursing Homes

Berthoud Care & Rehabilitation (Medicaid accepted)	(970) 532-2683
Center at Rock Creek	(970) 223-4376
Centre Avenue Health & Rehab Facility	(970) 494-2140
Columbine West Health & Rehab (Medicaid accepted) (Secured Unit)	(970) 221-2273
Creskide Village Health (Medicaid accepted) (Secured Unit)	(970) 482-5712
Good Samaritan Society Fort Collins (Medicaid accepted)	(970) 226-4909

Veterans Echoes

World War II Living History



Brad Hoopes

I would like to begin this article with some sobering facts. In World War II, 16 million Americans went off to serve in the war. Today only 167,000, or 1%, of this "Greatest Generation" are still with us. 13,000 B-17 and 9,800 B-25 bombers were produced. Today, only 9 and 45 of these planes respectively remain flyable, with most of these permanently sitting in museums as static displays.

The good news is northern Colorado will have the opportunity to experience some living history when WWII era planes arrive at the Northern Colorado Regional Airport May 30th thru June 4th. The Arizona Commemorative Air Force is bringing a B-17 & B-25, and the Rocky

Mountain CAF is bringing a Beechcraft 18. The public will be allowed to climb into and tour the planes. Touring them will give you the opportunity to see just how rudimentary they were by today's standards.

In conjunction with the planes being at the airport, there will be a reunion of area WWII veterans on Thursday, June 1st starting at 930. This will give the public an incredible opportunity to come meet, talk with, thank, and honor these veterans. Some of the most amazing people you will ever meet, with the youngest being 95! There will also be displays and WWII vehicles there as well.

Hours are 9am-5pm on Tuesday thru Friday and Saturday & Sunday 2-6pm. Entry is \$15 per person or \$30 per family. NoCo Regional Airport, 4900 Earhart Rd, Loveland. Flights are also available: <https://www.azcaf.org/location/loveland-co-tour-stop/>



Pets Are Family

Wildlife Safety



As we enjoy warmer days and get outside with our furry friends more often, it's important to keep in mind wildlife safety and how

spring and summer months, in particular, good Samaritans often happen upon baby wildlife and assume they need help. Most often, these animals are not orphaned and can be reunited with their parents. As a rule of thumb, don't intervene with wildlife unless they are clearly injured or otherwise in need of help. Always call a licensed wildlife rehabilitator if you're not sure!

to keep both our pets and wildlife safe. We reached out to our friends at Northern Colorado Wildlife Center to glean their expertise on wildlife safety.

One of the most important public health risks that Animal Protection & Control works to prevent is the transmission of animal-borne diseases. Oftentimes, these diseases are spread from wildlife to domestic animals, so it's of utmost importance to remain vigilant.

When you and your pet spot wildlife in public spaces, ensure dogs are on leash so you can easily walk away in case the situation becomes dangerous. If you see a wild animal that you think needs help, it's always best to talk to a licensed wildlife rehabilitator before you intervene. In the

Here in Colorado, wildlife can also be found close to home. To avoid unnecessary encounters between your pet(s) and wildlife, there are lots of humane ways to keep wild animals at bay. Motion activated lighting, noise machines, and sprinklers are a great start. Be sure to inspect your home for holes, damage, or other entry points before wild animals use them for denning sites. Fill cracks in your foundation, cap chimneys, cover dryer vents, trim trees and shrubs, and cover window wells to avoid conflicts before they happen.

Thanks for reading! Learn more at larimerhumane.org.

Good Samaritan Society Loveland (Medicaid accepted) (Secured Unit) (970) 669-3100
 Green House Homes At Mirasol (Medicaid accepted) (970) 342-2400
 Lemay Avenue Health & Rehab (Medicaid accepted) (Secured Unit) (970) 482-1584
 North Shore Health & Rehab Facility (Medicaid accepted) (970) 667-6111
 Poudre Canyon Health & Rehabilitation (Medicaid accepted) (970) 482-7925
 Prestige Care Center of Fort Collins (970) 820-4640
 (Medicaid accepted) (Secured Unit*) (*Females Only) (970) 482-2525
 Rehabilitation & Nursing Center (Medicaid accepted) (Secured Unit) (970) 484-7981
 Riverbend Health & Rehabilitation (Medicaid accepted) (Secured Unit) (970) 669-0345

Information & Assistance for Housing

A Home for Life (970) 633-2933
 Estes Park Housing Authority (970) 591-2535
 Housing Catalyst (970) 416-2910
 Loveland Housing Authority (970) 667-3232
 Neighbor to Neighbor (970) 484-7498
 Community Life Center (970) 663-4163 www.n2n.org
 Neighbor to Neighbor HomeShare (970) 484-7498

INFORMATION & REFERRAL

Larimer County Office on Aging, ADRC & Family Caregiver Support (970) 498-7750
 The ARC of Larimer County (970) 204-6991, www.arclc.org
 Colorado Gerontological Society Denver (303) 333-3482, senioranswers.org
 Disabled Resource Services FC (970) 482-2700, Lvd (970) 667-0816
 Eldercare Locator (800) 677-1116, www.eldercare.acl.gov
 Foothills Gateway, Inc. Community Center Board (970) 226-2345
 National Multiple Sclerosis Society (303) 698-7400, 1-800-344-4867
 Senior Access Points, Resource Information (970) 498-7740, http://larimerseniors.org
 United Way 211 2-1-1

LAW ENFORCEMENT

Colorado State Patrol (970) 224-3027
 Colorado State University Police Department (970) 491-6425
 Estes Park Police Department (970) 586-4000
 Fort Collins Police Department (970) 221-6540
 Larimer County Sheriff's Office (970) 416-1985
 Loveland Police Department (970) 667-2151

LEGAL RESOURCES

Elder Law Attorneys

Bell, Gould, Linder & Scott, P.C. (970) 493-8999
 Beyers Law, LLC (970) 669-1101
 Brady, McFarland & Lord, LLC (970) 532-4183
 Colorado Legal Services (Senior Law Project) (970) 493-2891
 Stone Law, LLC (970) 663-2121
 Sutherland, Connor & Callahan, LLC (970) 224-9779
 Wallace & Kling, P.C. (970) 221-5602

Clinics & Organizations

Access to Justice – Court Resource Center (970) 494-3581
 Ask-A-Lawyer Clinic 08selfhelp@judicial.state.co.us
 Larimer County Bar Association (Pro Bono Program) (970) 402-2075
 Probate, Guardianship & Conservatorship Clinic (970) 494-3507
 Guardianship Alliance of Colorado - Ability Connection Colorado (303) 228-5382

MEDICAL CARE

Colorado Indigent Care Program (CICP) 1-800-221-3943
Hospitals
 Banner Fort Collins Medical Center (970) 821-4000
 Estes Park Health (970) 586-2317

Ager's Resource Guide

McKee Medical Center (970) 820-4640
 Medical Center of the Rockies (970) 624-2500
 Poudre Valley Hospital (970) 495-7000
 UCHealth Harmony Emergency Room (970) 237-8100
 Northern Colorado Rehabilitation Hospital (970) 619-3400

Medical Care at Home

Origin Healthcare (888) 777-2718 (24 hours)

Medical Clinics

Centerra Health Physician Group - Primary Care Berthoud (CICP) (970) 532-4644
 Christ Clinic (No Cost Clinic) (970) 481-2390
 Family Medicine Center (CICP) (970) 495-8805
 Larimer County Dept of Health FC (970) 498-6700, Lvd (970) 619-4580, EP (970) 577-2050
 Salud Health Care Centers - Estes Park (CICP) (970) 586-9230
 Salud Health Care Centers - Fort Collins (CICP) (970) 484-0999
 St. Matthews Medical Clinic (No Cost Clinic) (970) 624-3425
 Sunrise Loveland Community Health Center (CICP) (970) 669-4855
 Sunrise SummitStone Clinic (CICP) (970) 494-9789
 UCHealth Urgent Care – Harmony Campus (CICP) (970) 297-6250
 Northern Colorado Rehabilitation Hospital (970) 619-3400

Medical Equipment

Clearwater Church (970) 223-5770
 Disabled Resource Services FC (970) 482-2700, Lvd (970) 667-0816
 Frontier Access and Mobility (970) 223-8267
 Good Health Will (970) 624-6002
 Quota Club of Estes Park https://estesparkquota.com

Medicare

UCHealth Senior Services/Aspen Club (970) 495-8560
 Medicare (800) 633-4227
 Social Security Administration (800) 772-1213, www.socialsecurity.gov/retirement
 UCHealth Senior Services/Aspen Club (970) 495-8560

Medicare Quality Improvement Organizations

KEPRO (844) 430-9504
 UCHealth Senior Services/Aspen Club (970) 495-8560
 Larimer County Office on Aging, (ADRC) (970) 498-7750
 Larimer County Department of Human Services (970) 498-6300
 UCHealth Senior Services/Aspen Club (970) 495-8560

MENTAL/BEHAVIORAL HEALTH SERVICES

Aging Clinic of the Rockies at CSU (970) 491-6795
 Connections (970) 221-5551
 Mountain Crest Behavioral Healthcare Center (970) 207-4800
 Suicide Hotline (800) 273-8255 / 988
 SummitStone Health Partners (970) 494-4200
 Spirit Crossing Clubhouse (970) 786-2002
 High Intensity Service Teams (970) 494-9703
 Loveland: (970) 484-4200
 Estes Park: (970) 586-9105
 Veterans Crisis Line (800) 273-8255 (Press 1), or text to 838255
 Johnstown Heights Behavioral Health (888) 772-0440
 Colorado Plains Medical Center (970) 867-3391
 Geriatric Behavioral Health Unit Admissions: (970) 542-4364
 The Medical Center of Aurora (303) 360-3650
 UCHealth Mountain Crest Behavioral Health Center (970) 207-4800

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Ager's Resource Guide

PVH/Emergency Room	(970) 495-8090
Mountain Crest	(970) 207-4857
Peak View Behavioral Health	(719) 444-8484
Porter Adventist Hospital	(303) 765-6969
SCL Health	(303) 467-4080

PACE PROGRAM

InnovAge Greater Colorado PACE – North Center (970) 800-5500

PACE OMBUDSMAN PROGRAM

State PACE Ombudsman Program Disability Law Colorado (303) 722-0300

PERSONAL EMERGENCY RESPONSE SYSTEMS

Banner Lifeline	(970) 810-4743
Home Helpers Monitoring Services	(970) 594-8739
Interim Healthcare of Fort Collins	(970) 472-4180
Senior Living Advisors of Colorado	(970) 541-4592

PRESCRIPTION ASSISTANCE

Crossroads Ministry of Estes Park	(970) 577-0610
House of Neighborly Service	Lvd (970) 667-4939, Brd (970) 352-0161
Prescription Assistance Program	(970) 416-6519
Sunrise Loveland Community Center	(970) 461-3843

SENIOR CENTERS

Belvue Senior Center	(970) 482-0406
Berthoud Community Senior Center	(970) 532-2730
Chilson Senior Center	(970) 962-2783
Estes Park Senior Citizens Center, Inc.	(970) 581-2195
Estes Valley Community Center	(970) 586-8191
Fort Collins Senior Center	(970) 221-6644
Wellington Senior Resource Center	(970) 817-2293

SENIOR CLUBS/SUPPORT ORGANIZATIONS & GROUPS

AARP	(866) 554-5376
UCHealth Senior Services/Aspen Club	(970) 495-8560
Alcoholics Anonymous (AA)	Fort Collins (970) 224-3552
ALS Association (Amyotrophic Lateral Sclerosis)	Westminster (303) 832-2322
Alzheimer's Association	(970) 472-9798
National Alzheimer's Association (24-hour help line)	(800) 272-3900
American Cancer Society	(970) 356-9727
American Diabetes Association	(888) 342-2383, (720) 855-1102
American Heart Association/American Stroke Association	(303) 801-4630
American Lung Association	(303) 388-4327
Bone Health and Osteoporosis Foundation	(800) 231-4222
Brain Injury Alliance of Colorado (BIAC)	(303) 355-9969 Nat (800) 955-2443
The Center for Family Outreach	(970) 495-0084
Dementia Together	(970) 305-5271
Grand Family Coalition	(970) 699-2837
Huntington's Disease - Rocky Mountain Chapter	(303) 321-5503, hdsa.org
Namaqua Center	(970) 494-4231
SummitStone Health Partners	
National Alliance on Mental Illness (NAMI)	(970) 282-8796
National Ataxia Foundation	(763) 553-0020
National Kidney Foundation	Denver (720) 748-9991
National Multiple Sclerosis Society	Denver (303) 698-7400
National Osteoporosis Foundation	(800) 231-4222
Northern Colorado Health Network	(970) 484-4469
Northside Aztlan Community Center	(970) 221-6256
OGLBTQ+ (Older Gay Lesbian Bisexual Transgender)	(970) 224-6033
Parkinson's Association of the Rockies	(303) 830-1839
Rocky Mountain Stroke Center	(303) 730-8800
SummitStone Health Partners 24/7/365 Crisis Services Walk-in Clinic	(970) 494-4200

SPANISH SPEAKING SUPPORT

Iglesia Pacto de Amor (970) 213-9167, www.iglesiapactodeamor.com

SOCIAL SECURITY

Social Security Administration (800) 772-1213

Tax Assistance

Property Tax Deferral Program

Colorado Property Tax Deferral Program, Larimer County Treasurer (970) 498-7020

Property Tax Exemption

Senior Homestead Exemption, Larimer County Assessor (970) 498-7050

Rebate Programs

Fort Collins Grocery Tax Rebate	(970) 416-2304, https://www.fcgov.com/rebate/
City of Loveland Food, Utility and Sales Tax Rebates	(970) 342-2292
Colorado Property Tax/Rent/Heat Rebate Program	(303) 238-7378, www.TaxColorado.com

Town of Estes Park Food Tax Refund Program (970) 586-5331

Property Tax Work-Off Programs

Thompson R2J School District/Senior Citizen Property Tax Work-Off (970) 613-5072

TELEPHONE SERVICES

Access Wireless American Assistance	(888) 900-5899
Assurance Wireless	(888) 898-4888
American Assistance	(866) 966-2628
Life Wireless	(888) 543-3620
Q Link Wireless	(855) 754-6543
Tag Mobile	(866) 959-4918
Terracom Wireless	(877) 351-4747
Standup Wireless	(800) 544-4441
Tempo Communications	(877) 822-8501

TRANSPORTATION

BATS (Para-transit) Berthoud Area Transportation Service	(970) 532-3049
Bustang	(800) 900-3011
COLT, Loveland Transit	(970) 962-2700, lovgov.org/services/public-works/bus-service
Dial-A-Ride (Para-transit)	(970) 224-6066
Dial-A-Taxi (Para-transit only)	(970) 224-6066

TRADING POST

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Copy due by the **10th of the preceding month.**

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- Northern Colorado Veteran Resource Center (970) 888-4249
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Say you saw it in 50 Plus Marketplace News

**Reflections
To Commit Or Not**



Martha Coffin Evans

That's the the commitment to remain in my question. first job. I was on the verge of quitting, at least on paper, as a first year teacher. His advice to stay the course, give my students time to adjust to my expectations, proved most sage. I still remain in touch with some of those students!

I have a small 3 1/4 x 4" paper titled "Commitment."

Dog-eared after years of reading and sharing, the advice offered by Scottish mountaineer William Hutchinson Murray remains sound. Its first line reads, "Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness."

Parents and friends may see much more clearly than we in some circumstances. I know my mother did at one point in my life. "You've already made your decision. You just don't know it," she said. Her insight remained better than mine as did her distance from the issue. I waffled and remained in limbo until I committed to take action.

Knowing who to listen to or not, can make a difference in the outcome. At a critical point in my career, I chose to listen to my father's advice. By doing so, I made

Well-meaning friends may offer their words of wisdom about what to do, where, when and how. "You're getting your money's worth," my friend's husband John would say about her freely offered advice. After listening to others, and doing careful research, we may need to change the narrative before we make a commitment.

Even when we commit to something new, it may not turn out as we hoped. We would never know had we not made a commitment.

Can we commit to something without taking action? That's a question for another day.

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

50 Plus Marketplace News
Crossword Puzzle

June 2023
Answers page 3

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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71				72						73		

ACROSS

- 1 Exclamation to express sorrow
- 5 Skin of the upper part of the head
- 10 Piece of work
- 14 Central part
- 15 Humped ruminant
- 16 Against
- 17 Steals from
- 18 Toward the top
- 19 Cheer
- 21 Embodiment
- 23 Annulling
- 24 Light meal
- 25 Showy trinket
- 26 Salt of tartaric acid
- 30 Scanty
- 35 North American nation
- 36 Alley
- 38 Rustic

DOWN

- 1 Land measure
- 2 Coil
- 3 Person empowered to decide
- 4 Stanza of six lines
- 5 Worthless person
- 6 Headland
- 7 Part of the verb "to be"
- 8 Hawaiian tree
- 9 Full assembly
- 10 Edible tuber
- 11 Against
- 12 Type of gun
- 13 Monarch
- 20 Snake
- 22 Lever for rowing
- 25 Pertaining to genetics
- 26 Bombastic
- 27 To one side
- 28 Long-sleeved linen vestment
- 29 Sailors
- 31 Diving bird
- 32 Grasslike
- 33 Pertaining to a ramus
- 34 Ignore
- 37 Yellow cheese coated with red wax
- 40 Tree
- 42 Flow back
- 45 Glossy
- 49 Obtained from milk
- 51 Evening
- 52 Pastille to sweeten the breath
- 54 Depart
- 56 Egg-shaped
- 57 Advise
- 58 Ancient Roman days
- 59 Ventilates
- 60 Saucy person
- 61 Staffs
- 62 Stupefy
- 63 Greek god of love
- 69 Prefix meaning not

**CAREGIVER
TOOLKIT**

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



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Ron Stern's Travel Series

Newport Beach Luxury at the Balboa Bay Resort



Ron Stern

I invariably seem to be drawn to the ocean. Having moved from California to land-locked Colorado, I still miss the sunny beaches, blue skies and all things nautical.

Fortunately, my vision of a dreamy watery oasis that satisfies all the senses was found at the Balboa Bay Resort in Newport Beach, California.

Nestled along the Pacific Coast between Los Angeles and San Diego, this award-winning waterfront retreat sits right on the Balboa Marina. With abundant sunshine, luscious sunsets and hundreds of yachts, the views here would make any watercolorist envious.

Accolades are numerous and include the AAA Four-Diamond designation, the Forbes Travel Guide Four-Star Rating three years in a row. Most recently, the hotel was named the #1 Resort in Newport Beach by U.S. News & World Report. It's no wonder as the moment I came on property, the service, ambiance, and attention to detail was obvious.

The property has 159 rooms with both courtyard/pool and bay views. Ours was the latter and was beautifully adorned with an extremely comfy bed, plush linens, and all the amenities you would expect from a hotel of this caliber. Our balcony opened to a gorgeous vista of Balboa Marina. The brilliant blue sky framed a harbor packed full of small to epically huge yachts neatly tucked into their prospective docks.

A+O (Anchors and Oceans) is their signature restaurant and their floor to ceiling windows afford magnificent waterfront views. I loved the

color palette here and throughout the resort which echoes the colors of the sea. Vibrant hues of ocean blues, sparkling whites, light wood paneling with splashes of yellow accents set just the right nautical mood.

They offer a variety of seafood options during the season such as swordfish, big eye tuna and spiny lobster as well as east and west coast oysters. My suggestion is to also try their cool and creamy local burrata and the salt and pepper shrimp. Both were tasty and delicious. If available, the dark chocolate crème brûlée was the perfect ending to a great meal. Book at least an hour before sunset to admire the show that nature provides with some spectacular colors.

In the morning we had freshly brewed coffee and a tropical sunset



smoothie (pineapple, strawberry, banana, with coconut milk) at their Blend Cafe. Serving breakfast and lunch the latter includes familiar and new favorites like a Waldorf Salad, teriyaki chicken wrap or Cuban Sandwich.

The Balboa Bay Resort combines just the right elements of excellent service, great food, and casual luxury. Consequently, check-out day might be a sad one, as it was for us, wishing we could stay longer. Fortunately, the length of your visit is altogether in your control and one you will no doubt savor for a lifetime.

This was a sponsored visit, however, all opinions are the author's honest opinion

All photos courtesy of The Brown Palace Hotel & Spa.

Genealogy Rocks!



Carol Darrow

Summer's coming! Remember the joy that those words brought us each school year! You, of course, may not have been in school this year but you may have worked hard on researching and analyzing your family history. How are you going to spend those sunny months ahead?

Traveling to ancestral hometowns is always popular. You may have identified that hometown, its cemetery and farm location. You can take this opportunity to take pictures of local landmarks and perhaps visit the local courthouse to seek records.

Your travels might take you to Salt Lake City to explore the Family History Library with its multiple resources in books, manuscripts and computer access. For those in the Midwest, the Allen County Library in Fort Wayne, Indiana, offers access to records in the surrounding states and an enormous library of genealogy journals published by genealogical societies across the U.S.

Classes and seminars will continue over the summer and may be just what you're looking for. The website <https://conferencekeeper.org/> maintains a list of Zoom and in-person classes and presentations on a wide variety of topics. Many are free to attend.

If travel isn't in your plans, you might want to work on summarizing all the information you've gathered about your family. If you are the recipient of piles of documents passed on to you, you might want to use Legacy Family Tree software or Roots Magic software to organize all that information.

Another alternative is to try your hand at writing a short piece about the history of your family. Start slowly, setting your goal at 500 words. Is your story one of immigrants who came to the U.S. in the 1880s or a story of colonial ancestors who were here before the American Revolution? Either way, you'll soon want to expand your story to include more generations and more stories.

Happy Summer!

The Colorado Genealogical Society at www.cogensoc.us will resume classes in September on Zoom.

Technology is Hip!

Is Our Military Prepared?



Bob Larson

Several weeks ago on a 60 Minutes TV show, one of their programs featured our US Navy and was it prepared for an invasion on Taiwan? Of course, the short answer was yes! It was indicated we have 12 Navy battle groups of which six are deployed every six months across our planet. The battle group consists of an aircraft carrier, several destroyers, and other classified ships. We run military drills with other ally nations every year to be prepared in case a not so friendly nation such as China, North Korea, or Russia decides to launch an invasion against us, Japan, Philippines, Taiwan, or any NATO sanctioned nation.

Interesting, China has 350 ships with only two aircraft carriers and are planning to build more to the tune of 500 total ships by 2028. It has twice the size of military personnel over the U.S. We have

sent lots of our high tech military equipment to Ukraine and other nations to defend themselves from any invasion.

Our military has never been stronger as we acquire the best weapons, ships, aircraft, personnel training, intelligence, and military drills. At last week's 60 Minute TV show, it was mentioned that our military is held hostage for paying higher prices than normal for our military equipment. Sadly, our military is turning a blind eye on the higher costs! I'm sure Congress will correct that, so we don't bankrupt our nation and hold those military defense companies responsible for their greedy profits! However, we also depend on those same companies in providing the high-tech equipment to our military.

You probably have heard about artificial intelligence (AI) and how it is changing our world. I feel AI will be a great benefit to our military in winning or deterring those rogue nations against their invasions. Bob Larson is a technologist and Marketing Director for 50 Plus!

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