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May 2023 • Volume 29 • Issue 5

Veterans Plaza to Display Vietnam Wall

The Veterans Plaza of Northern Colorado was established 12 years ago to honor all past and present service personnel who have served our country. Among the numerous features found at the plaza are an amphitheater and stage, a stunning statue entitled “On Strong Shoulders,” a Victory Garden that holds over 200 soil samples from various battle sites, cemeteries, and bases around the world, and two interactive computer monitors with the names of veterans (any veteran who has honorably served may be listed) and the other is educational.

Each year, the Plaza holds an event during the Memorial Day weekend to honor a different group of veterans. This year, as done three times in the past, the plaza will be bringing in the Traveling Vietnam Wall to honor our Vietnam veterans. This wall is an 80% scale version of

the Vietnam Wall found on the Mall in Washington DC.

The Wall will arrive Thursday, May 25th at 11 am by motorcycle escort, assembled on May 26th, and remain open for viewing until Tuesday afternoon on the 30th. The whole weekend centers around the main event on Sunday the 28th from 10 am to 4 pm. There will be displays, booths of veteran oriented organizations, food vendors, and a field of 500 flags.

Sunday’s program includes keynote speaker Anthony Seahorn, author of “Tears of a Warrior,” which is about his Vietnam combat experiences and dealing with PTSD after he arrived home. The program begins with a color guard, flyover at 12:15 pm, intro of local dignitaries, and new soil samples added to the victory garden. A color guard, honor guard, prayer, and taps

will be presented nightly from May 26th to 29th at 7:00 pm.

Please make plans to visit the wall and attend the ceremony, as you will find it to be a beautiful and somber experience. The Plaza is located in

Spring Canyon Park in west Fort Collins. To get there, simply head westbound on Horsetooth Road to the very end. Visit their website at <https://veteransplazanoco.org/> to learn more!



Happy Mother’s Day

Celebrated in over 40 countries, Mother’s Day is the day we celebrate mothers and their influence in our lives. The American version of the holiday began in the United States in 1907 when Anna Jarvis organized the first Mother’s Day service of worship and celebration at Andrews Church in Grafton, West Virginia. Following her mother’s 1905 death, Anna Jarvis conceived of Mother’s Day as a way of honoring the sacrifices mothers made for their children.

West Virginia was the first state to officially adopt the holiday. By 1912, many states and churches had incorporated Mother’s Day as an annual holiday. In 1914, Woodrow Wilson signed a proclamation designating Mother’s Day, held on the second Sunday in May, as a national holiday to honor mothers. By the early 1920s, Hallmark Cards and other companies had started selling Mother’s Day cards.

While many flowers are sent on Mother’s Day, carnations are the traditional Mother’s Day flowers. Pink or red for living mothers and white for mothers who are deceased. Americans spend an estimated \$2.6

billion on flowers and \$68 million on cards. According to the National Restaurant Association Mother’s Day is the most popular day of the year to eat out!

Mother’s Day Traditions Around The World

United Kingdom - The United Kingdom took Mothering Sunday, the old tradition celebrated in the fourth week of Lent, and rebranded it to reflect the American holiday

Thailand - Thailand holds their motherhood celebration on August 12, which is their queen’s birthday.

Mexico - Their celebration shuts down the entire country, as everyone works to honor their mothers.

Mother’s Day lunches in Mexico can last for five hours!

Spain - In Spain, children take a week to prepare for Mother’s Day. School children will spend a few hours every day preparing gifts for their mothers.

Nepal - Nepal has a festival equivalent to Mother’s Day called Mata Tirtha Aunsi, which translates to “Mother Pilgrimage New Moon.” The Nepalis take the time to honor their mothers, as well as remembering mothers who have died. The tradition was originally to make a pilgrimage to the Mata Tirtha ponds, located near Kathmandu.

Ethiopia - Ethiopia holds a three-day festival, Antrosht, for their mothers, occurring sometime between October and November. Everyone, even the children, works together to create a massive feast.



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MAY Calendar

Thursday/11

AARP presents a free program on “The Joys of Downsizing and Decluttering” on Zoom at 5 pm MT. This fun, interactive presentation explores why holding on to stuff is so important to some people and shares practical, easy-to-follow tips on downsizing and decluttering. Please note that you must be signed in to your AARP.org account or create an account to register for events. AARP membership is not required. Please do not opt out of event-related email, as you will be emailed a link to join the class via Zoom prior to the event. Email aarpva@aarp.org to register!

Thursday/18

Larimer County Genealogical Society presents a free program on “Finding Descendants in Your Family Tree” by Diane Henriks via Zoom at 6:30 pm. Find relatives you never knew about, locate living relatives for DNA testing, find or return family heirlooms, find out more about your medical genealogy, find living relatives to an unclaimed estate, and so much more! Visit their website at www.lcgsc.org to register.

Saturday/20

Colorado Gerontological Society presents their annual free virtual Salute to Seniors show on Zoom from 9:30 am to 3 pm. this year’s theme features “Baby Boomers Combine High Touch with Low Touch” by Eileen Doherty, includes online trivia with prizes, and After Midnight music.

Sunday/28

Veterans Plaza of Northern Colorado presents their annual Memorial Weekend program at noon featuring keynote speaker Anthony Seahorn, author of “Tears of a Warrior” as he discusses his Vietnam War experience and contracting PTSD. The program is held at the Veterans Plaza at 2626 Horsetooth Road in the Spring Canyon Park in Fort Collins.

Alzheimers Assn. presents a free video class on “10 Warning Signs of Alzheimers” on your computer at your leisure. Learn about common warning signs of Alzheimer’s and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more. Please register at <https://training.alz.org/>.

Check with individual venues for current information.

Calendar sponsored by...

Beyers Law

A Smashing Success!

That Is precisely the outcome of the Fort Collins based Colorado Early Colleges High School presentation of “Beauty and the Beast, Jr.” which recently had a four-show run to the exceptional delight of the audiences. This was their very first musical production and probably will not be the school’s last. Truly, a smashing success it was!

I had the personal privilege and appreciation of seeing the show. Halfway through the first act I felt as if I was seeing a Broadway Show. The performers were executing their characters in almost a flawlessness manner. The singing parts were superb. The various dance routines were energetic and fun to watch.



“Beauty and the Beast, Jr.” settling in for the opening curtain.

The performers, no matter their parts, made contributions leading up to noticeable audience approval and even standing ovations.

Under the direction of Theresa McCreery, over fifty students

dedicated themselves to the show – Assistant Directors, Props, Tech Team, Cast Narrators, Ensemble, Lighting, Music Operator, Sound Engineer; along with special thanks to others who helped with the show.

The set design was quite creative, easy moved about when scenes changed. Those numerous changes were smooth in the making and offered colorful and convincing show background.

This first Colorado Early Colleges show “Beauty and the Beast, Jr” was a Smashing Success. What is their next show? We’ll wait and see...

*Written by: Michael Buckley,
Associate Publisher 50 Plus
Marketplace News*



A director, cast and crew make possible the production of “Beauty and the Beast, Jr.”

What Older Adults Should Know After a Doctor’s Visit

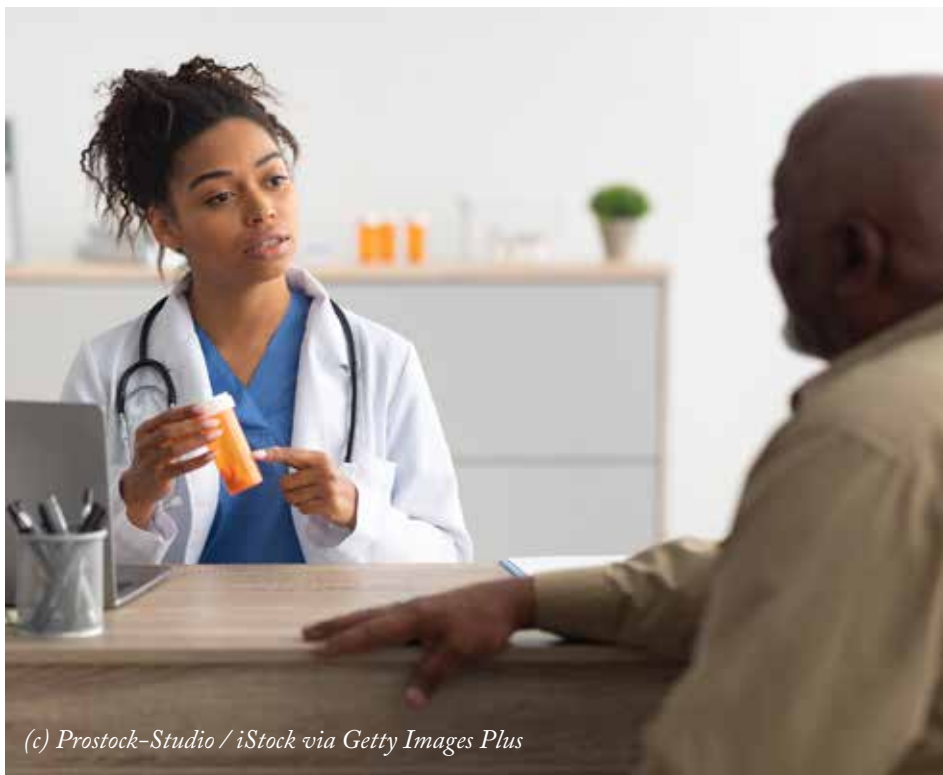
You know how important regular check-ups are and that consulting your healthcare provider when you have a concern is smart. But what happens after the visit is just as essential to maintaining good health.

Unfortunately, some people don’t follow their provider’s advice. Maybe they don’t take their prescriptions as written or forego recommended preventive screenings and immunizations. This can be costly, both for individuals and the health care system. Case in point: More than 125,000 people die each year because of prescription medication non-adherence, according to the National Council for Patient Information and Education.

Following a doctor’s recommended care plan can be challenging, according to Dr. J.B. Sobel, chief medical officer with Cigna Healthcare’s Medicare business. There are multiple reasons why older patients can have difficulty following their provider’s instructions – including managing multiple medications at different times of day – or trouble accessing or affording care.

Thankfully, there are some processes and resources that can help you faithfully follow your healthcare provider’s advice.

Get organized. More than half of



(c) Prostock-Studio / iStock via Getty Images Plus

adults 65 and older take four or more prescription drugs, according to the Kaiser Family Foundation. With more medications, it can be difficult to know what to take, when to take it, and in what dosage. A low-cost pill organizer, available at drug stores and retail outlets, can help you stay organized. You may also want to automate your medication by taking it at the same time every day if directions allow that. The key is to find a system that works for you and stick with it.

Communicate with your provider or pharmacist. If your medication

doesn’t seem to be working or is causing undesirable side effects, talk to your doctor or pharmacist about adjusting your dosage or switching to an alternative. Likewise, discuss any concerns about screenings or tests with your provider. (StatePoint)

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

DEADLINE

10th of the Preceding Month

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

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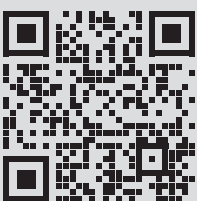
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Memorial Day Origins

Memorial Day (originally known as Decoration Day) is a federal holiday in the United States for honoring and mourning the U.S. military personnel who have died while serving in the United States armed forces. It is observed on the last Monday of May. From 1868 to 1970, it was observed on May 30.

Many people visit cemeteries and memorials on Memorial Day to honor and mourn those who died while serving in the U.S. military. Many volunteers place American flags on the graves of military personnel in national cemeteries. Memorial Day is also considered the unofficial beginning of summer in the United States.

The first national observance of Memorial Day occurred on May 30, 1868. Then known as Decoration Day, the holiday was proclaimed by Commander in Chief John A. Logan of the Grand Army of the Republic to honor the Union soldiers who had died in the Civil War. This national observance was preceded by many local ones between the end of the Civil War and Logan's declaration.

However, in 2022, the National

Cemetery Administration, a division of the Department of Veterans Affairs, credited Mary Ann Williams with originating the "idea of strewing the graves of Civil War soldiers - Union and Confederate" with flowers.

Official recognition as a holiday spread among the states, beginning with New York in 1873. By 1890, every Union state had adopted it. The World Wars turned it into a day of remembrance for all members of the U.S. military who fought and died in service. In 1971,

Congress standardized the holiday as "Memorial Day" and changed its observance to the last Monday in May.

Two other days celebrate those who have served or are serving in the U.S. military: Armed Forces Day (which is earlier in May), an unofficial U.S. holiday for honoring those currently serving in the armed forces, and Veterans Day on November 11, which honors all those who have served in the United States Armed Forces. Courtesy of Wikipedia!





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Estes Park Hosts Public Safety Fair on May 13th

Kids and adults are invited to the annual Estes Park Public Safety Fair Saturday, May 13, sponsored by the Estes Park Police Department. This fun, family event takes place from 10 a.m. to 2 p.m. at the Estes Park Event Center located at 1125 Rooftop Way. Estes Park Police Officers will be serving free hamburgers, hot dogs, snacks, and beverages, donated by local businesses, from 10 a.m. to 2 p.m. for all attendees.

More than 20 regional public safety agencies will converge on Estes Park for the Safety Fair,

bringing equipment and apparatus including a bomb robot, medical evacuation helicopters, dive rescue apparatus and more. Agency representatives will be on hand for demonstrations and to answer any questions attendees may have. Other local agencies currently signed up to participate include the Estes Valley Fire Protection District, Colorado Parks and Wildlife, Rocky Mountain National Park, and Larimer County Sheriff.

Local businesses have generously donated door prizes, including movie

tickets and bowling games. Families can enter to win free giveaways from the Estes Park Police Department. Children can register to win one of multiple bikes to be given away at 1 pm. Donations provided by Walmart, Reel Mountain Theater, The Bull Pin Bowling, and Sports Bar, Estes Park Rent All, Ice of Estes Park, Safeway, El Mex-Kal Family Mexican, Poppy's, and McDonald's. For more information or to make a donation to the Safety Fair, please call Officer Paul Mieszala, event coordinator, at 970-577-3837.

Larimer County Among the Healthiest Counties in Colorado

Larimer County ranks among the healthiest counties in the state of Colorado, according to the new County Health Rankings data report from the University of Wisconsin Population Health Institute. The report, which is released annually, shows that Larimer County scores high in many areas:

- 92% of Larimer County residents have adequate access to locations with physical activity, which is higher than state and national rates.
 - Larimer County has a low teen birth rate (9 births per 1,000 females 15-19 years old, compared to Colorado's rate of 16 births per 1,000) and has seen a 70% drop in teen births between 2007 to 2020.
 - The county has a lower rate than the state in deaths related to injuries such as homicides, suicides, motor vehicle crashes, sudden unexpected infant deaths, and poisonings.
- While ranking among the top 25% healthiest counties in Colorado, there are opportunities for improvement:
- Air pollution - Larimer County is ranked 18th out of 226 metropolitan areas for high ozone days, and 30th out of 221 metropolitan areas for 24-hour

particle pollution.

- Tobacco use and vaping use remain elevated among youth and adults, and 13% of adults in Larimer County smoke. Smoking is a major cause of cardiovascular disease, which is the leading cause of death in the United States.
- 17% of Larimer County residents are experiencing a severe housing problem, including high housing costs, and overcrowding.

"Having robust public health data helps us determine where we should focus our efforts to ensure we're addressing the greatest needs in our communities," says Tom Gonzales, Larimer County Public Health Director.

County Health Rankings reports that counties with well-resourced civic infrastructure have higher rates of high school completion, higher household incomes, less income inequality, and lower rates of children in poverty and uninsured adults. In these communities, people also tend to live longer.



Veterans Echoes He Heard A Child Crying



Brad Hoopes

Earle Ridgeway served on the medical team with the 52nd Transportation Truck Battalion during the Korean War. After involvement in numerous battles in the south, they moved up to a battle in North Korea. It was here that Earle heard a child crying outside his tent one night.

The crying prompted Earle to investigate. Stepping out into the cold rain, he found a little boy standing there. Figuring the boy would never survive the night outside, Earle brought him inside. He dried him off and found a candy bar to give him as the boy looked hungry. The only thing Earle could make out from the boy was that his mother had been killed by an airplane.

The other men of Headquarters Company quickly rallied around the boy. Earle secured him a mess kit and everyone wrote home asking for clothes. The 52nd soon returned back to the south and concerned about leaving the boy behind, they simply loaded him on the ship with them.

Back at their base, their little buddy settled in. Earle had his seamstress make him a uniform. He picked up English quickly and wondered around the camp with ease. A number of men looked into adoption, but without papers it was impossible.

The boy was still with the company when Earle's tour ended. Hopefully Earle plucking him out of the rain that night was the beginning of a good life for him. It sure would be fun to try and track him down! Any thoughts on how?

Brad Hoopes has a passionate project preserving the stories of veterans. You can watch these interviews at: www.bit.ly/rememberandhonorstories



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Elder Law Q & A

What is Hospice Care at Home?



Will Beyers

Hospice care is a type of health care that patients with terminally ill conditions rely on at the end of their lives. This type of care focuses on pain management and emotional, spiritual, and familial support for patients nearing the end of their lives.

loss of their loved one.

When Is Hospice Recommended?

Hospice care should not only be considered by those who have loved ones nearing the end of their lives. While most of these services are generally reserved for people with six months or less to live, early hospice care can be beneficial for patients and their families as well.

Who Pays for Hospice Home Care?

Like any other health care option, these services can quickly become very expensive. Fortunately, there are several ways to cover the cost, including – in addition to private payment and private insurance – government programs such as Medicare Part A, Medicaid, and occasionally the Department of Veterans Affairs.

Making this choice is an important part of your end-of-life care plan. Be sure to gather as much information as you can before deciding whether this type of care is best for you.

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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Better Business Bureau

BBB Scam Alert



Shelley Polansky

The National Cyber Security Alliance (NCSA) and the Better Business Bureau (BBB) remind everyone that when clearing out the physical clutter, there's probably a bunch of digital data clutter that lives on your electronic devices.

Focusing on cybersecurity and protecting sensitive information is critical. NCSA has advice on how to keep your private information safe.

Taking simple, proactive steps will go a long way in safeguarding against potentially disruptive issues – like identity theft, loss of funds, or credit card fraud – that can cause mayhem by compromising your data. Take the time to practice a few precautionary measures, and you will have greater peace of mind – not only this spring but all year round.

NCSA and the BBB encourage people to check their smartphones, laptops, and tablets and take a few minutes to review these tips.

Lock down your login: Security is critical to protecting accounts used for work and home. Ensure passphrases for each account are

lengthy, unique, and safely stored. Enable 2-factor authentication on all accounts that offer it.

Update your system and software: Avoid procrastination! The most current software, web browsers, and operating systems are some of the easiest and fastest ways to protect your most sensitive assets.

Back it up: Protect your personal and workplace data by making electronic copies – or backups – of your most important files. Use the 3-2-1 rule to help guide you: 3 backup copies, two different media types, and one offline in a separate location.

Be careful what you share: Quizzes on social media are fun, and keeping in touch is necessary. However, questions on social media might give away too much information about you, your location, or your family.

In addition to following the above-listed tips, small business owners should take time to establish, update, and communicate policies and procedures around topics like record retention. It is also imperative that a cybersecurity strategy is in place and used by all employees. BBB has tips on BBB.org/bizhq on how to avoid online scams when working from home.

Genealogy Rocks!

Most people who come to genealogy want to know the story. When did they arrive? Who were their parents? Why did they live in Ohio or Illinois or Texas?



Carol Darrow

The answers are in the census records, recorded every ten years and available on Ancestry.com and FamilySearch.org. There is a lot of information in the census records but some people can't see the story hidden among the facts.

My grandfather, Roland Benjamin Cooke, was born on September 8, 1888 in Alabama. His parents were R. B. and Emma Elizabeth Cooke, both born in Georgia. Roland's older siblings were also born in Georgia, and his next younger brother, Bryant, was born in Louisiana in 1892. (1900 census). So we know that a long-time Georgia family moved briefly to Alabama before continuing on to settle in Bienville Parish, Louisiana.

Roland's father died before 1910

because Emma is listed as a widow on the census that year. Roland's three older siblings (all females) are also missing and likely married before the 1910 census. Findagrave records and marriage records for Bienville Parish, Louisiana, may help us answer those questions.

In the 1920 U.S. census, Roland was living in Fort Worth, Tarrant County, Texas, with his wife Effie and his son Prentice Cooke who was born about 1915 in Louisiana. The 1930 census tells us that Roland was 25 and Effie was 16 when they married, indicating that they married in 1914. Also the 1930 census reports that the couple have a second son, Calvin, born in 1921 in Tarrant County.

The 1940 census tells us that Roland completed his schooling with the 8th grade. This is very common for the 1890-1940 period. Boys on farms often left school early. Throughout this time Roland worked as a railroad car carpenter, farmer, policeman, and mechanic.

That's the story!

Go to www.cogensoc.us to register for a free Genealogy 101 class on May 13 on Zoom with Carol Darrow.



Welcome Home -- A Salute to our Vietnam Veterans

Veterans Plaza - Memorial Day Weekend
2626 West Horsetooth Road, Fort Collins

The AVTT Traveling Vietnam Wall - the largest traveling replica of the wall - will be arriving in Fort Collins on Friday, May 26 - escorted into town by the Combat Veterans Motorcycle Association, Chapter 3-6.

The official ceremony will begin at noon on Sunday, May 28 and, weather permitting, will include raising of the colors, prayer, keynote presentation, guest speakers, inspirational observances, a soil ceremony, 21-gun salute, taps, and a flyover.

Other veteran-serving organizations contribute to the day by setting up booths and offering services on the grounds and food trucks will be in the plaza throughout the day.



Brothers Always

for more information, visit: www.veteransplazanoco.org

NEED HELP NAVIGATING MEDICARE?



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

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



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

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



Professionals For Seniors



P4S members enjoying breakfast listening to members announce their special programs and events...

Seniors in Northern Colorado are fortunate to have a group of individuals, agencies, companies, and various organizations dedicated to serving the senior population offering a wide range of products, programs and helpful services aimed at providing healthier paths to better life and living.

The group's monthly meetings give members opportunities to network, share common interests and announce special events and programs. They work together and

have fun in the process.

Just recently the Northern Colorado Long Term Acute Hospital in Johnstown hosted a P4S gathering attended by over 100 members.

The members received a warm & friendly welcome and were treated to a delicious breakfast prepared by the food service staff. They really out did themselves. P4S members were quite pleased and appreciative on all accounts....

A May meeting is planned.



Mike Maguire, P4S' Executive Director at the podium welcoming members and set to introduce the host of the morning's meeting Christina Salas, No. Co. Long Term Acute Hospital's Chief Executive Officer who in turn recognized and introduced her team.

Colorado Gerontological Society

Salute To Seniors Is Back In Person May 20



Eileen Doherty

Denver, CO. Welcome Back! After performing for the past several years at the virtual Salute to Seniors, After Midnight, led by award winning clarinetist Roger Campbell will play charts from Benny Goodman, Artie Shaw, Lionel Hampton, Nat King Cole and Frank Sinatra. This infectious music is guaranteed to get you dancing, swinging, and smiling!

Themed this year, "Baby Boomers: When We Were Young", the in-person Salute to Seniors is happening on Saturday, May 20, 2023 from 9:30 am to 3:00 pm at the Denver Marriott Tech Center, 4900 S Syracuse, Denver. The virtual Salute to Seniors is on Sunday, May 21, 2023 from 11:30 am to 1:00 pm.

Forney Museum of Transportation is bringing back their sought after auto show with cars from the 60s and 70s. Devoted Healthcare is sponsoring bingo with great prizes and a good time.

A Photo Essay featuring Baby Boomers and the impact on women's

movement, civil rights, technology, dress, dance and culture will set the tone for memories and discussions. The photo essays will explore how Baby Boomers found the world to be big, open and the opportunity to do great things.

The Society is partnering with Channel2 News. Cigna Healthcare is the title sponsor. There will be a health fair, assistance to sign up for the Senior Income Tax Credit, screening for free telephone services, and experts sharing resources for older adults.

The Virtual Salute features Aging in Place: Baby Boomers Combine High Touch with Low Touch by Eileen Doherty, Online Trivia with prizes and After Midnight.

Admission is free with free parking for in-person. Reservations suggested but not required for in-person and required for online. You can register online at www.senioranswers.org or you can 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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Ageism Matters

Joining Forces Against Ageism



Kris & Sara

It's Older Americans Month, a perfect time to announce a new partnership to fight ageism. As of April 1, Colorado-based NextFifty Initiative is joining forces with Changing the Narrative to strengthen both organizations' efforts to end ageism.

Also based in Colorado, Changing the Narrative is a leading U.S. initiative to increase understanding of ageism and change how people think, talk, and act about aging. Our work involves evidence-based strategies, strategic communications and innovative public campaigns that challenge assumptions and stereotypes about older adults. Last year, our programs and activities reached people in all 50 US states and 43 countries around the world.

At Changing the Narrative, we are thrilled to be working more closely with NextFifty, an organization renowned for improving the lives of older adults

and caregivers. This is a natural evolution of the work both organizations do. Together, we can collaborate seamlessly and increase our reach.

This year's Older Americans Month theme is "Aging Unbound," challenging us to recognize the diversity of our experiences and the stereotypes we have about aging. Ageism is at the root of many issues we face as we age, with detrimental impacts on our quality of life and financial security, our health and longevity, and the economy. And it happens at every level, from internalized ageism in individuals to ageism embedded in our systems and policies.

Our population is getting older and we have the opportunity to create a society where we can all age with dignity and equal opportunity. The time is ripe for strengthening and growing the effort to end ageism.

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.

Have a Bump on Your Foot? Don't Ignore It

Have a lump or bump on your foot? Whether it's painful or not, it could potentially signal a serious condition. Foot and ankle surgeons warn it's important to have it checked out, no matter its size or location on your foot.

"Whether your bump or lump is pea-sized or golf ball-sized, it should not go ignored. A proper diagnosis is key to proper treatment," says Michael Coyer, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS).

According to ACFAS, here's what to know about some of the more common types of lumps found in the foot:

Ganglionic Cysts

This soft, fluid-filled sac is a non-cancerous bump that experts believe may arise from single or repetitive trauma. A ganglionic cyst can be caused by a leaking of jelly-like fluid from the "capsule" surrounding a joint or tendon and may be located on the top of the foot, near an ankle joint or even on the side of the foot. While the lump itself is often the only symptom experienced, you may feel tingling or burning if it's touching a nerve, or a dull ache if it's pressing against a tendon or joint. Often, ganglionic cysts cause irritation, making it difficult to wear shoes. Such cysts generally will not go away on their own and may return, even after being drained. Surgical removal by a foot and ankle surgeon can help prevent recurrence. However, if the cyst is not causing pain and doesn't interfere with walking, your surgeon may simply monitor it over time.

Plantar Fibromas

Plantar fibromas are benign, fibrous, hard nodules found within the ligament of the foot and are especially common in the arch area on the bottom of the foot. These bumps tend to be less than an inch in diameter but can get larger over

time. They can cause pain when shoes push against them or when you're walking or standing barefoot. Steroid injections, physical therapy or orthotic devices may help relieve associated discomfort but will not make the fibroma disappear. While surgical removal is an option if pain persists following nonsurgical approaches, it's important to know that recurrence can occur post-surgery, as can complications, such as a flattening of the arch or the development of hammertoes.

Haglund's Deformity

Haglund's deformity, sometimes called a "pump bump," is a bony enlargement on the back of the heel. When it rubs against shoes -- from high-heeled pumps to running shoes -- the soft tissue near the Achilles tendon can become irritated. This often leads to painful bursitis, an inflammation of the fluid-filled sac between the tendon and bone. While certain foot structures are more prone to Haglund's deformity, you can treat the condition and help prevent recurrence with appropriate footwear, arch supports, orthotic devices and stretching exercises. Physical therapy, icing and NSAIDs can also reduce inflammation.

Sometimes, Dr. Coyer notes, a bump is suspected of being cancerous. In this case, your foot and ankle surgeon will perform a biopsy and if it is indeed cancer, will perform surgery to remove the mass, working in tandem with an oncologist for cancer treatment.

For more information on foot bumps or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the American College of Foot and Ankle Surgeon's patient education website.

"Remember, the sooner we're able to properly evaluate your bump, the sooner you can have peace of mind and move forward with treatment," says Dr. Coyer. (StatePoint)



(c) dragana991 / iStock via Getty Images Plus

Attorney General Phil Weiser Aiming to Protect Veterans' Rights

Attorney General Phil Weiser today joined a bipartisan coalition of 34 states' attorneys general in asking the U.S. Supreme Court to protect veterans' rights. In the case *Rudisill v. McDonough*, the court will decide whether to allow the Department of Veterans Affairs to deny veterans their Post-9/11 GI Bill benefits, which, for veterans with multiple periods of service, include funding and allowing them to pursue higher education.

"Veterans have a legal right to benefits outlined under the GI Bill, including the right to pursue higher education with their country's support," Weiser said. "Threatening to deny veterans these benefits disrespects the brave men and women who made significant sacrifices in service to our country."

James Rudisill is a Virginia resident and a decorated army veteran of the wars in Iraq and Afghanistan. After his first tour, Rudisill used his Montgomery GI Bill Benefits



to further his education, successfully complete his undergraduate degree, and return to the U.S. Army as a commissioned officer. Rudisill received one of the military's highest accolades -- the Bronze Star -- for

his service. Following his third tour, Rudisill was accepted into the Yale Divinity School, with a goal of returning to the armed forces yet again, this time as a chaplain.

The VA denied Rudisill his Post 9/11 GI Bill benefits, even though veterans with multiple requisite periods of service, like Rudisill, can earn up to 48 months of educational benefits. This unexplainable decision by the VA was overturned by multiple courts, but the U.S. Court of Appeals for the Federal Circuit ultimately upheld the VA's decision, robbing thousands of veterans of the GI Benefits they earned while serving their country in Iraq and Afghanistan.

Say you saw it in 50 Plus Marketplace News

Technology is Hip!

Smart Glasses for Hearing Impaired People



Bob Larson

In the U.S., the National Institutes of Health estimates that 1 in 3 people between the ages of 65 and 74 has hearing loss. Nearly 50% of those older than 75 are already hard of hearing. Hearing loss may be caused by a number of factors including genetics, aging, exposure to noise, some infections, birth complications, trauma to the ear, and certain medications or toxins.

Hearing loss is associated with Alzheimer's disease and dementia. The risk increases with the hearing loss degree. Hearing loss can lead to cognitive decline, falling down, depression, speaking, and neurology disorders such as tinnitus.

Besides the many types of hearing aids, which vary in price from under \$100 to over \$5,000 for a set, a new technology of smart glasses is available for the hearing impaired. They offer built-in hearing aids to closed captioning and access to the Internet for the tech savvy seniors.

Several companies have recently introduced smart glasses capable of providing text in the eyeglass of what you are hearing (aka closed captioning text). Xander Glasses were introduced at the recent Consumer Electronics Show, which provides noise cancelling microphones with 90% accuracy, closed captioning, rechargeable batteries, lightweight, UV protection, safety rated, and can be fitted with your eye prescription. Cost to be announced soon!

The Epson Moverio, Google, Voicee, LLVision, & XRAI smart glasses also offer closed captioning plus some offer multiple languages and cost more with the extra features. However, all smart glasses with captioning features don't always work well in noisy areas. Some say 90% accuracy in noisy areas, while others may not be as good. Depending on the features, they vary in price from \$500 to \$1,200.

This is another great use of technology that helps many Americans with hearing disabilities. Bob Larson is a technologist and Marketing Director for 50 Plus!

Ron Stern's Travel Series

The Brown Palace Hotel and Spa, Autograph Collection



Ron Stern

The Brown Palace Hotel and Spa has been Denver's iconic historical hotel since 1892. Now an Autograph Collection by Marriott brand, this property continues to define grace, elegance, and luxury from a bygone era.

Named for Henry Cordes Brown, an Ohio real-estate entrepreneur, The Brown Palace featured many innovations for its day. Just some of these include a granite and red sandstone exterior, a stunning eight-story atrium with an Italian Renaissance-style-stained glass ceiling, and crystal pure artesian water from their deep underground well. The atrium is lined with 740 filigreed iron panels. Two of these are upside down—nobody knows why.

Guest rooms and suites are modern-day stylish and functional, as you might expect. Each comes with 42-inch flat screen HD televisions, luxurious terry robes, internet access and water from the hotel's well. Their Top of the Brown and Royal Suites are all unique in design with inspi-

ration taken from the Grand Parisian Salons of the 30s.

Dining options include six restaurants and bars. The Churchill Bar offers premium cigars and spirits and the Palace Arms provides a decadent fine dining experience. For casual fare with a nautical theme, the Ship Tavern is the place for burgers, steak or seafood.

One of the oldest traditions at the Brown is their Afternoon Tea. A genteel affair served in the atrium lobby along with gentle harp music or piano. Scones, savory sandwiches, and house-made pastries are served along with available libations.

Almost every U.S. President since Teddy Roosevelt has stayed at the Brown Palace. A consistent Forbes



Four-Star and AAA Four-Diamond hotel it has been called Denver's Grand Dame for good reason. An available historical tour provides all the details and some secrets that will make your stay as unique as the hotel itself.

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

All photos courtesy of The Brown Palace Hotel & Spa.



County Clerk Angela Myers Announces Retirement

After almost a decade of exceptional service to the Larimer County community, Clerk and Recorder Angela Myers has announced her retirement, effective May 31, 2023. During her tenure, Myers has been instrumental



in modernizing and streamlining Clerk and Recorder operations, ensuring that all community members received efficient and effective services.

Angela Myers is praised for her commitment to fair, secure elections

and innovative leadership. In accordance with Colorado state law, the Larimer Board of County Commissioners is charged with filling the Office of Clerk and Recorder vacancy. The appointment will fill the vacancy until the 2024 general

election when the remaining two years of the term vacancy will be filled by election. On Tuesday, April 18, 2023, the Board of County Commissioners will consider the appointment of long-time Clerk & Recorder employee Tina Harris during their weekly Administrative Matters meeting.

New Colorado Law Targets Online Sales Fraud

When COVID-19 hit, many Americans saw the internet as a lifeline—connecting them to family and friends, work colleagues, health care services and online shopping for necessities such as groceries. Internet crime has jumped in Colorado and nationwide amid the pandemic. And while people have largely returned to meeting and shopping in person, online fraud remains stubbornly high.

In 2021, victims in Colorado lost more than \$130 million to cybercriminals, according to the FBI's Internet Crime Complaint Center. That's about double the more than \$65 million in losses reported in 2019. Colorado consistently ranks among the top 10 states for fraud reports related to online shopping and negative reviews, Federal Trade Commission data shows. Such reports include businesses that don't disclose costs, try to prevent people from leaving honest reviews about products or services they bought or refuse to honor a guarantee on online purchases.

Online thieves may promise free products, request payment information, or claim your computer

has been infected with a virus. They often make contact through text messages, phishing emails, social media, and pop-up ads.

During a recent telephone town hall, state Attorney General Phil Weiser warned that con artists often resort to pressure tactics, and he urged consumers not to make decisions in the moment. Weiser's office is also targeting criminals who misuse online platforms to sell stolen goods—a growing problem that he says increases costs for businesses and for consumers. A state law, which took effect Jan. 1, aims to curb Internet fraud. It requires online marketplaces to identify sellers, verify seller information and provide a tool so consumers can flag and report suspicious activity.

Learn more about how to protect yourself online at aarp.org/money/scams-fraud/elderwatch. Also find previous ElderWatch fraud presentations at vekeo.com/aarpelderwatchcolorado. To report fraud, go to the site www.stopfraudcolorado.gov or call the AARP ElderWatch Colorado Helpline at 800-222-4444. Courtesy AARP.

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Red Cross Honors Heroes at Annual Rocky Mountain Heroes Soirée

In March, the American Red Cross of Colorado & Wyoming celebrated their annual Heroes of the Year awards to individuals and groups living the Red Cross's mission in their everyday lives. A hero is defined as a brave person who has exhibited outstanding achievements in a memorable event during a time of need. Here are the sponsors, heroes, and their stories for the well-deserved hero awards!

Health One sponsor and VP of Marketing Dan Davidson recognized the military hero award to Richard Fierro for subduing the gunman and saving many lives at Club Q in Colorado Springs in 2022. Sadly, five people died and 19 were injured in this shooting tragedy. Fierro served in the US Army and did four deployments in Afghanistan and Iraq besides winning a bronze star for his actions overseas.

Empower sponsor and VP of Corp Affairs Steve Gawlik recognized the first responder hero award to Jazzarae Krebs, an ex-military police member, for saving a driver and passenger from impending death after their vehicle caught on fire in 2021. Besides being in a homeless

shelter herself with her mother in 2008, she now helps people at a local homeless shelter.

PDC Energy sponsor and Senior Investment Specialist Katie Tate recognized the lifesaving organization hero award to Banner Health's intensive care unit of Northern Colorado Medical Center in Greeley for saving one patient who contacted COVID-19 and recovered for five months in ICU and lived to have a double lung transplant.

Red Cross Volunteer Executive Director Jackie Norris recognized the lifechanging hero award to Howard Yazzie, a Navy veteran and Navajo American, for helping other veterans and Navajo people in his local area from alcohol and drug abuse.

And last, Tiffany Circle volunteer Jayne and Mark Anderson recognized the lifesaving heroes of the year award to Kimberly Shupe, Will Barrington, & Lucas Sutphin for their heroic actions as lifeguards at Warren Air Force Base Aquatic Center in Cheyenne for saving a swimmer who drowned and brought him back to life using CPR.

The American Red Cross of Colorado and Wyoming thanks these sponsors and individual contributors for promoting this event. They are incredibly grateful for the generosity of their soirée guests, volunteers and local businesses who made this event a success in raising \$719,000 as a new record in 2023 to support their mission!



2022 Heroes of the Year

Can you hear me now?

Signs of Hearing Loss



Susan Baker

Awareness of a hearing problem is the first step to treatment. Here are a few Signs of Hearing Loss:

Vardon Way, Fort Collins, 80528. Please call (970) 221-5249 to reserve your spot for you and a guest. Learning objectives:

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

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

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

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

Hearing loss treatment has shown to improve earning power, communication in relationships, intimacy in family relationships, ease in communication, emotional stability, sense of control over life events, perception of mental functioning, and physical health.

You are invited to our Better Hearing Month Educational Seminar, May 4, 2023, 11 am to 1 pm. Ptarmigan Country Club, 5416

50 Plus Marketplace

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

Be sure to Like and Follow @50plusnews

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Happy Memorial Day from 50 Plus

CAREGIVER TOOLKIT
Now available Free through the Larimer County Office on Aging's Family Caregiver Support Program. Includes: description of services, application form, list of support groups, and brochures on caregiving issues. Info: 498-7758.

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You can also use your personal my Social Security account to see your entire work history and make sure we have all your wages recorded correctly. We base your benefit amount on the earnings reported to us. If you find any errors in your work history, read this guide www.ssa.gov/pubs/EN-05-10081.pdf to learn how to correct your Social Security record.

When you're ready to apply for Social Security retirement benefits, you can complete our online application in as little as 15 minutes at www.ssa.gov/retirement. We will contact you if we need any further information. You can check the status of your application through your online account.

You can apply online for Social Security retirement benefits, or benefits as a spouse, if you:

- Are at least 61 years and nine months old.
- Are not currently receiving benefits on your own Social Security record.
- Have not already applied for retirement benefits.
- Want your benefits to start no later than four months in the future. (We cannot process your application if you apply for benefits more than four months in advance)

Find out more about retirement benefits at www.ssa.gov/retirement.

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.

Larimer County Office on Aging Market Days! for Older Adults in Larimer County

It's spring! What are you planting in your garden this year? While fresh-grown produce is a highlight of the summer for many of us, for low-income older adults, fruits and vegetables that are vital to a healthy diet can be out of reach. That's why the Larimer County Office on Aging (LCOA) is partnering with the Larimer County CSU Extension to connect older adults to Market Days! for Older Adults program.



Mark Sleeter

Market Days! enrolls participants by collaborating with community organizations to identify older adults at risk for food insecurity. Volunteers then pack the bags of fresh produce for participants every Saturday during the farmer's market season. Participants can pick up their fresh produce at the market or opt to have it delivered to them by a volunteer or community partner. In 2022, Market Days! provided 1,281 bags of produce and served 225 individuals.

Market Days!, a program of CSU Extension, makes fresh produce accessible to low-income older adults who are facing food insecurity. Since 2018, this program has served older adults aged 60+ living in Larimer County. Each participant receives a bag of fresh produce from the Larimer County Farmers' Market in Old Town Fort Collins twice a month. Each reusable shopping tote contains \$15 worth of in-season produce. The program will start running in June 2023, and it will continue through October 2023.

If you would like to participate in Market Days! but do not have a relationship with any of the partner organizations (see link below), please contact LCOA at (970) 498-7750. If you would like to help out with Market Days! by packing and delivering bags to homebound older adults you may contact: cnoble@larimer.org or visit bit.ly/LCmarketdays for more information about partner agencies or to make a donation.

Mother's Day Poems

Sunshine

My Mother, my friend so dear,
Throughout my life you're always near.
A tender smile to guide my way,
You're the sunshine to light my day.

A Mother's Love

Of all the special joys in life,
The big ones and the small,
A mother's

love and tenderness
Is the greatest of them all.

Flowers

I've made some Mother's Day flowers,
With my fingers and my thumb,
So you'll always have these memories,
For all the years to come.

Happy Mother's Day!

TRADING POST

Travel

MOTOR COACH TOURS WITH DIAMOND TOURS 2023 Trips
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3 days/2 nights
Cost : \$175 (double occupancy)
Includes: 2 nights stay at Gold King Mountain/ Wildwood Casino - Round trip transportation motorcoach Amenities of pool and hot tub - Free shuttle to explore Cripple Creek

Niagara Falls/ Toronto
September 8 – 18th, 2023 \$1359

Branson Holiday Shows
November 12- 18th , 2023 - 7 days/ 6 nights
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Events

Thursday weekly, the Fort Collins TOPS (Take Off Pounds Sensibly) group holds their meeting with weigh-in from 8:30-9:30am and the meeting starting at 9:45am. Visit our weight-loss supportive group at Westminster Presbyterian Church, 1709 West Elizabeth Street, Fort Collins. For more information contact 1-800-932-8677. Visit the national TOPS website at www.tops.org

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

Employment

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What to Know About the Future of Cancer Treatment

For many patients, initial cancer treatments are not enough, and residual cancer cells that survive these treatments can cause relapse. But new research is seeking to harness the immune system to target residual disease, thereby helping patients avoid relapses and live longer.

“Using a novel mechanism of action that directly targets the cancerous cells, we are hoping to enhance the ability of NK cells – that is natural killer cells – to eliminate residual disease,” says RJ Tesi, MD, CEO of INmune Bio Inc., (NASDAQ: INMB), a clinical stage immuno-oncology company. “NK cells are part of our innate immune system and are essential for survival. In addition to directly killing infected cells and cancer cells, NK cells facilitate crosstalk between the innate and adaptive immune system.”

As Dr. Tesi goes on to explain, NK cells play a critical role in killing cancer cells that remain after such treatments as surgery, radiation, and chemotherapy. While modern cancer therapies can effectively eliminate most cancer in a patient, to eliminate all cancer cells, the patient’s immune system needs to do its part and kill the residual disease.

When cancer cells evade NK cells by making themselves effectively invisible, the immune system can’t identify them and therefore can’t kill them. This failure of the immune system to eliminate residual disease is the cause of cancer relapse.

INKmune, INmune Bio Inc.’s lead product, activates resting NK cells into a primed state to kill cancer. Currently in clinical trials, this therapy is already showing promising results. INKmune-primed NK cells have demonstrated an ability to kill several types of cancer cells. To learn more, visit inmunebio.com.

“Chemotherapy and radiotherapy reduce the tumor burden, but are not always curative alone,” says Dr. Tesi. “To eradicate the disease and turn cancer relapsers into survivors, we also need an effective immune response to control residual cancer cells left behind after primary treatment.” (State Point)



Reflections

Thank you Ms Dinsmore



Martha Coffin Evans

A pink slip arrived in my high school classroom summoning me to the Dean of Girl’s office. “Oh dear,” I thought, believing I was a good kid and not accustomed to being called to a front office, especially one involving discipline.

Dean Ruth Dinsmore proceeded to introduce me to Donna, a student new to our school. She asked me to show Donna around our large high school, introduce her to my friends and make her feel welcome. I didn’t know the teary impact of this introduction for Donna’s mother or her. Two new schools in two years was a lot.

Who knew those years ago where our journey would take us let alone our matronly dean thinking to connect two shy, relatively quiet, young girls. Maybe it was Donna’s interest and artistic ability or my musical one with choirs.

Donna and I still laugh at all the crazy, off the wall bad jokes I told. In retrospect, although she laughed, and probably wondered about them, I worried I’d offended

her and caused the potential loss of a new friend.

I needn’t have worried given a decades-long friendship which evolved. We’ve traveled the highs and lows of life through marriages, loss of parents and special friends, along with new relationships.

We’re told friendships keep us mentally healthy and help us live longer, richer lives. Caring and sharing come along with friendships while helping us navigate life’s challenges.

Recently at our two-plus-hour lunch, I gave Donna a wooden plaque – “Girlfriends are the sisters we choose for ourselves.” We both agree, this inscription well describes our relationship, even though she has a sister and I, no siblings.

That day, Donna commented, “I love how we just pick right up where we left off.” Previously, we might have touched briefly on friends and family. This lunch became different as we talked about collaborating to create a workshop. She would bring her artist skills; I, my writing, all the while laughing at ourselves.

We may never know how or where friendships emerge. May you too be blessed with the gift of friendships.

May 2023
Answers page 9

50 Plus Marketplace News

Crossword Puzzle

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ACROSS

- 1 Conclusion
- 5 Pond scum
- 10 Slender
- 14 Inspires dread
- 15 Spacious
- 16 Wallaroo
- 17 Trim
- 18 Part of the verb "to be"
- 19 Explain unduly
- 21 Assign
- 23 Rudimentary component
- 24 Small child
- 25 Woody plant
- 26 Formerly Ceylon
- 30 Vestiges
- 35 Monetary unit of Bulgaria
- 36 Lubricates

- 38 Carousal
- 39 First man
- 41 Color
- 43 Acquire through merit
- 44 Saltpeter
- 46 Leg joint
- 47 Part of verb to do
- 48 Pertaining to the Gaels
- 50 Table supports
- 53 Mountains
- 55 Falsehood
- 56 Garland
- 60 Action of a styptic
- 64 From within
- 65 In the direction of
- 66 Accent
- 67 Festive occasion

- 68 Convocation of witches
- 70 A single time
- 71 Sight organs
- 72 Monetary unit of Botswana
- 73 Mild oath

DOWN

- 1 Scene of first miracle
- 2 Is indebted
- 3 Make inactive
- 4 Stellar
- 5 Bedouin
- 6 Togo
- 7 Depart
- 8 Yellowish brown color
- 9 Grommet
- 10 Thin stratum
- 11 Lubricate
- 12 Metallic element
- 13 Three-year-old salmon
- 20 Ogles
- 22 Highest mountain in Crete
- 25 Abilities
- 26 Jargon
- 27 Cylindrical larva
- 28 Beverage made with beaten eggs
- 29 A church
- 31 Monkey
- 32 Lullaby
- 33 Strange and mysterious
- 34 Transmits
- 37 Prophet
- 40 Honey
- 42 Born
- 45 Cheerful
- 49 Dry red table wine
- 51 Wily
- 52 Stealthy
- 54 Gentle splash
- 56 Restaurant
- 57 Comply
- 58 Religious practice
- 59 Singles
- 60 Thrust with a knife
- 61 Carry
- 62 South American Indian
- 63 Propagative part of a plant
- 69 To exist

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4 Ways to Get Involved By Volunteering

Research from Points of Light, a global nonprofit organization dedicated to inspiring, equipping and mobilizing people to take action that changes the world, shows 73% of people believe that volunteering is more important than ever, yet 66% think they can't make a big impact in their communities. Global Volunteer Month can help point people in the right direction.

"April is an annual opportunity for companies and nonprofits to inspire individuals to action, share stories of those doing good, and create a pathway for continued engagement," said Diane Quest, interim president and CEO, Points of Light. "Over the past four years since our inaugural Global Volunteer Month, we have seen people increase their commitments to creating a just and equitable world."

This year, Points of Light is partnering with leading sponsor Phillips 66 and supporting sponsor UPS to encourage individuals, nonprofits and corporate partners to engage in their communities. As part of the campaign, they are sharing four great ways to participate:

1. Stay Local: While volunteering with any type of mission can help to better the world, people tend to be more impacted by volunteer opportunities from which they can observe the fruits of their labor. Collaborate with local nonprofits to affect change in the place where you live, work and play. Visit Points of Light Engage, <https://engage.pointsoflight.org/>, to find an opportunity today in your city or zip code and based on your interests.

2. Volunteer With Friends and Family: Families can support their communities by volunteering together. Consider working at a local food bank, participating in community clean-up initiatives, or organizing donation drives for local charities. Volunteering as a

family not only provides a chance for quality time together but also encourages children to develop empathy and social responsibility. By volunteering, families can strengthen relationships, build community connections, and make a positive impact in their communities.

3. Recognize and Expand What You're Already Doing: While many of us think about volunteering in a formal way with longer time commitments and structures, civic engagement comes in all forms. Informal actions like helping a neighbor and leveraging your purchase power all make up civic action. Ask yourself: how could I take three to five actions around one cause area that's important to me to make greater impact? Find out how through the Points of Light Civic Circle <https://www.pointsoflight.org/civic-circle/>.

4. Say a Simple Thank You: At its core, Global Volunteer Month is about thanking those already volunteering and making an impact. Take a minute to send a thank you to a special volunteer in your life or an organization that is giving its time and talent to make your community stronger.

"There are many paths to living a full, civic life. Now is the perfect time to make a plan to join the celebration, today and every day," says Quest. (State Point)

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RMNP Fall River Entrance Update

Construction began in early November for a new and improved entrance station at the Fall River Entrance to Rocky Mountain National Park. The Fall River Entrance is one of two major entrance stations on the east side of the park and is located on U.S. Highway 34, just inside the park boundary. Initially, it was anticipated that the project would be completed by late June. However, due to unforeseen site conditions and utility coordination challenges the revised schedule is for completion in late fall.

The Fall River Visitor Center and the Rocky Mountain Conservancy Nature Store are open during this construction project. The Gateway Gift Shop and Trailhead Restaurant, located next to the visitor center, are also open and welcoming visitors.

During this major construction

project, only one lane at Fall River Entrance is operational to enter the park and one lane to exit. Park visitors are encouraged to avoid the Fall River Entrance and use the Beaver Meadows Entrance. During this major project, park visitors should expect extended wait times at both major east side entrance stations.

Originally designed for summer operations nearly 60 years ago, the facilities at the Fall River Entrance Station no longer meet the safety or operational needs of the park. When the entrance station was designed, the park had approximately one and a half million annual visitors. By 2019, annual visitation had almost tripled, to over four and a half million annual visitors. Improvements are needed to improve visitor access and convenience, reduce traffic congestion, and provide a safe and efficient space for park employees.

Pets Are Family Growing Your Flock



Spring has arrived, which means it may be time to add baby chicks to grow your flock. This seems like a simple task, but there are some

factors to consider to ensure you are buying chicks responsibly. It is important to understand what kind of chicks fit your farming needs and local ordinances surrounding ownership.

are usually less expensive since the practice of sexing chickens is time-consuming and costly for chicken hatcheries. Buying straight-run chicks is a cost-effective option for those who do not need to know the sex of their chicken.

If you know that you can't accommodate a rooster or don't want a certain sexed chicken, then buying a sexed chick is your best option, and you will know if you're buying a pullet or a cockerel. This ensures you are growing a flock that directly meets your farming needs. Rehoming chicks and chickens can add stress to their daily routine, and this can be avoided by knowing WHO you are adding to your flock.

Rules and regulations about pet ownership – and poultry in particular – vary by municipality, so it's important to understand your local ordinances. Also, be sure to check any neighborhood or HOA regulations before you create or add to your flock.

When buying baby chicks, you will have the option of buying "straight-run" or "sexed" chicks. Straight-run chickens come from a hatch that has not been sexed, meaning they may be male or female. Straight-run chicks

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