

How Older Adults Are Changing America

An aging population is shaking up our country. Why it's happening and what it means? Take a look around. We live in a country that is being transformed in ways both obvious and hidden by older Americans. Our growing numbers and enduring vitality ensure that this disruption will continue to roll through the American economy, culture, society and politics penetrating deep into the very marrow of the nation.

We the people, at midlife and beyond, represent the third-largest economy in the world, after China and the U.S. as a whole. But we are more than just consumers and wealth holders: We are workers, thinkers, influencers and innovators with the power to shape markets and exert pressure on corporations and elected leaders.

Despite decades of rampant ageism in the workplace, the number of workers 65 and older has mushroomed by 117 percent in a span of 20 years, according to the U.S. Bureau of Labor Statistics. Remarkably, employment of individuals 75 and older has increased by the same percentage.

And the trend is growing strong. "I'm getting a lot of requests by employers to talk to their teams about how they can integrate older workers in their workforce," says Janine Vanderburg, senior strategist for Changing the Narrative, a national campaign funded by the NextFifty Initiative to end ageism.

Hiring older workers is not mere altruism: An estimated 10 million jobs in America are sitting unfilled. This has forced a change in recruitment to target those of all ages, Vanderburg says. Older workers' preference for remote work, especially in retirement, is pushing employers to be more flexible about where work happens. There are also greater opportunities for part-time work.

One company with an informal "phased retirement" program is the financial services firm Principal. Employees 57 and older with at least 10 years of service are able to transition from full-time to part-time jobs. Principal also has a "boomerang" program that allows former employees to return as part-timers.

Tax preparation firm Jackson Hewitt is increasingly hiring retirees from January through April. "We find that retirees are really great at being interactive with clients and showing empathy," says Alicia Branon, Jackson Hewitt's director of talent programs and attraction.

Another trend is "returnships" short-term employment programs intended to help people who have been out of the workforce ease their way back in. Trimble, a global industrial technology company, has partnered with the nonprofit Path Forward

since 2020 to offer returnships. Most participants then get full-time jobs at Trimble, the company reports.

Finally, AARP continues to expand its Employer Pledge program, in which companies commit to equal consideration of all job applicants regardless of age. Last year, 568 additional companies with a total of 1.5 million employees signed the pledge, up from 477 new signers with 1.1 million workers in 2021. Courtesy Richard Eisenberg with AARP.



Local Organizers Promote Blessings of Liberty Event!

In September, local organizer Mary Zenzen and the Northern Colorado Colonial Patriots in partnership with the Patriot Academy, American Legacy Academy, and Weld County Commissioner hosted their third annual Blessings of Liberty event at the Windsor High School Auditorium. The featured keynote speaker and author Dr. Thomas Krannawitter spoke about the history of our U.S. Constitution and discussed "Rediscovering the Constitution: You'll Fall in Love with Your Country All Over Again!"

The Northern Colorado Colonials representing George Washington, Thomas Jefferson, Benjamin Franklin, and Betsy Ross greeted the attendees and distributed the U.S. Constitution handbook.

Master of Ceremonies Allen Thomas III opened the program with introductions followed by the presentation of colors flag ceremony

by the Rocky Mountain Young Marines, Pledge of Allegiance and Preamble to the Constitution by the Ascent Classical Academy students directed by teacher Shelley Holley.

Professional vocalist Rebekah Burley sang the national anthem followed by a sing-along with the Northern Colorado Student Collaboration Choir of all the armed forces medley of songs as many veterans stood during their song and the audience sang several national patriotic songs.

Weld County Commissioner Lori Saine presented certificate awards to the 2023 winners of the Weld County U.S. Constitution Week Essay and Art Contest. Many students were recognized for their outstanding essays promoting the constitution and what it means to be a patriotic American.



Allen Thomas III, Mary Zenzen, and Dr. Thomas Krannawitter

INSIDE

How Hearing Impacts Memory
Page 3

Family Caregiver Month
Page 4

Origins of Thanksgiving
Page 6

3D Printed Homes of the Future
Page 8

The Many Charms of Branson, Missouri
Page 11

NOVEMBER Calendar

Saturday/11

Loveland Associated Veterans organization (305 Cleveland Ave) presents their annual pancake breakfast at 7 am followed by their Veterans Day Parade starting at 11:11 am on Railroad Ave. at 3rd St. in Loveland. Over 50 entries are expected including military, bands, and many other local organizations.

Saturday/18

Larimer County Genealogical Society presents a free hybrid program on "WWII Letters" by Joy Michels at 10 am at the Fort Collins Senior Center. Joy will discuss WWII letters from her dad, who served in the military. Please register for the Zoom info and handout on their website at lcsco.org.

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

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

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

Check individual venues for current information

Calendar sponsored by:
Beyers Law

We Care

Elder Law Q & A

Estate Planning for Special Needs Families



Will Beyers

For the one in five families who care for children with special needs, estate planning is crucial.

Parents of a child with a disability face numerous challenges and concerns. What happens if a parental caretaker falls ill? Or what if the special needs child needs lifelong assistance?

Making a will and other important estate planning documents are among the steps you can take to help alleviate these concerns. A well-drafted estate plan can help ensure that your loved one with special needs has financial protection and continued support.

Barriers to Estate Planning

Creating a will is an integral part of planning for the future. Yet two out of three Americans have no will or estate planning document, according to Caring.com's 2023 Wills and Estate Planning Survey.

Some respondents to this survey reported that they do not have enough assets to leave behind. Others cited procrastination as the reason for avoiding estate planning. Still others expressed confusion about how to make a will.

Guardianship: Selecting Someone to Care for Your Child

In addition to creating a will, you also may wish to name someone to become your child's guardian. You can determine who will care for your child and ensure that your child's guardian is someone you trust.

Special Needs Trust

While a will is a basic estate planning document that can help you provide for your loved one with special needs after you pass, a trust can also protect their assets.

The trust can pay for things public benefits do not cover, such as recreation and education. At the same time, a trust preserves your loved one's ability to qualify for public benefits. Setting up a special needs trust can also ensure

that they receive continued support during their lifetime.

Contact a Special Needs Planning Attorney

In addition to helping you create a will, a qualified attorney can assist you with making a comprehensive estate plan. This could include executing power of attorney documents and setting up a special needs trust for your loved one. Contact a special needs planning attorney in your area today.

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.



Will and Bill Beyers

Wills, Trusts & Probate
Medicaid Planning
Powers of Attorney and Advance Directives
Guardianships & Conservatorships
Nursing Home Issues
Medicare & Social Security



Representing Seniors and Disabled Persons and their Families

Member, National Academy of Elder Law Attorneys

970-669-1101
PO Box 1346
Loveland, CO 80539
www.BeyersLaw.com

Larimer County Opens New Connector Trail

Larimer County Department of Natural Resources (LCDNR) has constructed and opened a new approximate quarter mile (~0.22 mile) connector trail in Horsetooth Mountain Open Space, from Horsetooth Rock to West Ridge Trail.

This new hiking-only trail connects the upper section of Horsetooth Rock Trail to West Ridge Trail. Plans for the trail were developed through the updated Horsetooth Mountain Open Space Adaptive Management Plan, which was adopted in 2022. Key goals of the updated plan are to improve trail connectivity while enhancing and protecting ecological resources and ensuring sustainable operations into the future.

The trail was designed to provide an improved connection between the upper section of Horsetooth Rock and West Ridge trails. Thanks to LCDNR trail staff, who have implemented this project, as well as the Larimer County Conservation Corp and many volunteers who helped construct this new trail.

This most recent connector

trail follows the completion of the Stout Connector trail, which was completed in July. With these two new additions, Horsetooth Mountain Open Space offers over 30 total trail miles for users to access and adds to the approximately 1,400 miles of trails available throughout Larimer County, which are managed by various public land agencies.

Visitors are reminded that many recreationalists will be out enjoying the new trail. LCDNR encourages responsible stewardship and the trail etiquette triangle. Visitors should check CoTREX (Colorado Trails Explorer app) at <https://trails.colorado.gov> for current advisories or closures before heading out.



Rocky Mountain National Park Road Closure Update

Old Fall River Road will be closing for the season to vehicles beginning Tuesday, November 3. The road will be closed to all uses through Friday, November 6, for park staff to conduct road maintenance. Old Fall River Road will reopen temporarily to bicycles, leashed pets, and walkers from Saturday November 7, through Monday, November 9.

Starting, Tuesday, November 10, Old Fall River Road will close again to all uses for continued road maintenance through Friday, November 13. On Saturday, November 14, the road will reopen to bicycles, leashed pets, and walkers through November 30. Leashed pets and bicycles are only allowed on the road, not on side trails. On December 1, the road will revert to trail status and bicycles and leashed pets will not be allowed on the road.

Bear Lake Road and Trail Ridge Road will be closing by the end of

November or earlier if bad weather comes sooner. Call the Trail Ridge Road recorded phone line at 970-586-1222 for the latest road updates. Remember, you will need a timed entry reservation to access these areas.

Rocky Mountain National Park timed entry permit reservation system ends on November 22, 2023. To visit destinations along

the Bear Lake Road Corridor or Trail Ridge Road between the hours of 5 a.m. and 6 p.m., you will need a Park Access Plus Bear Lake Road Timed Entry Permit.

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



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

Published by
50Plus Media Solutions, Inc.
Ault, Brighton, Erie, Fort
Morgan, Greeley, Sterling, &
Windsor

50 Plus Marketplace News, Inc., is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

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.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.

Publisher/Editor

Robert A. Trembly II

Chief Financial Officer

Michael Gumb

Contributing Writers

Boulder County Senior Centers
Boulder County Agencies
& Businesses

Marketing Director

Bob Larson

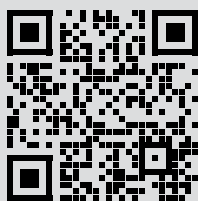
Product Consultants

Michael Buckley
Robert Trembly

Design/Production

Kit Brown

Smart Phone Access



Printed on Recycled Paper

Can you hear me now?

How Hearing Impacts Memory

How does a deficiency of your ear impact so much of your brain?

- An abundance of quiet: As your hearing begins to waver, you're going to experience quiet, especially if your hearing loss goes untreated. This can be boring for the parts of your brain usually responsible for interpreting sounds. This boredom might not seem like a serious issue, but disuse can cause parts of your brain to atrophy or weaken. That can interfere with your memory.

- Social isolation: When you have difficulty hearing, you'll likely encounter some additional challenges communicating. That can lead some people to isolate themselves. And isolation can lead to memory problems because, again, your brain isn't getting as much interaction as it used to.

- Constant strain: In the early stages of hearing loss your brain is going to experience a kind of hyper-activation fatigue. Your brain will be straining to hear what's going on out in the world, even though there's no input signal. Your brain doesn't know you're experiencing hearing loss—it just



Susan Baker

thinks things are quiet, so it devotes a lot of energy to trying to hear in that silent environment. This can leave your brain feeling exhausted and leads to memory loss.

Memory Loss Often Points to Hearing Loss

The signs and symptoms of hearing loss can often be difficult to detect. Hearing loss is one of those slow-moving ailments. Once you notice the associated symptoms,

the damage to your hearing tends to be farther along than most hearing specialists would like. However, if you start noticing symptoms associated with memory loss and get checked out early, there's a good chance you can prevent some damage to your hearing.

www.helpingmehear.com

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

Are you concerned about your hearing and memory?

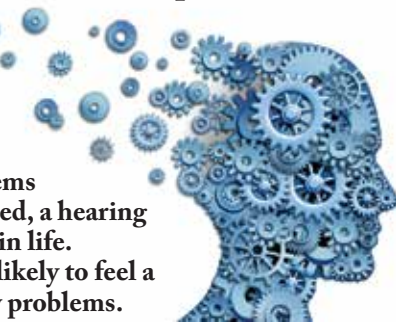
Hearing problems can become brain problems!

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

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

(970) 221-5249

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



Advanced Hearing Services

Bringing the Joy of Natural Hearing Back to Everyday Life

A Hungry Thief

Who can resist a plate of lasagna; not this bear. It happened in Barkhamsted, CT at the home of Helena Houlis who was away at the time, but security cameras kept watch while she was out and automatically followed the brash bruiser as it wandered into the kitchen.

The bear went straight to the fridge, opened the freezer and absconded with the frozen, but tasty treat. As Miss Houlis put it to reporters at WVIT-TV, "We have seen a lot of bears in the last few years, but nothing ever like this."



Social Security Today

Social Security Cost-of-Living Adjustment for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024.

The 3.2 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 66 million Social Security beneficiaries in January 2024. Increased payments to approximately 7.5 million SSI recipients will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits)

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600.

The earnings limit for workers who are younger than “full” retirement age will increase to \$22,320. (We deduct \$1 from benefits for each \$2 earned over \$22,320.). The earnings limit for people reaching their “full” retirement age in 2024 will increase to \$59,520. We deduct \$1 from benefits for each \$3 earned over \$59,520 until the month the worker turns “full” retirement age. There is no limit on earnings for workers who are “full” retirement age or older for

the entire year.

In December 2023, Social Security COLA notices will be available online to most beneficiaries in the Message Center of their Social Security account.

The purpose of the COLA is to ensure that the purchasing power of Social Security and Supplemental Security Income (SSI) benefits is not eroded by inflation. It is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year a COLA was determined to the third quarter of the current year. If there is no increase, there can be no COLA.

The CPI-W is determined by the Bureau of Labor Statistics in the Department of Labor. By law, it is the official measure used by the Social Security Administration to calculate COLAs.

Congress enacted the COLA provision as part of the 1972 Social Security Amendments, and automatic annual COLAs began in 1975.

Larimer County Office on Aging

Family Caregiver Month

November is Family Caregiver Month, a time when we honor those who step up and

step in to provide care for their loved ones. Who is a caregiver? The short answer is: many of us. According to the CDC, approximately 25% of adults provided unpaid or informal care in the last month to someone with a long-term illness or disability.



Brittany Goldman

Caregiving can be deeply rewarding and a source of connection and joy, but it can also impact physical and mental health. Caregivers experience higher levels of depression and anxiety, worsened health and immune function, and even an elevated risk of early death. Coupled with the economic strain being a caregiver entails, it can make for a difficult path.

Because caregiving is a personal journey, caregivers may hesitate to seek support or may not even recognize that they are a caregiver. To combat this disconnect, in 2023 the Larimer County Office on Aging launched a marketing initiative to help caregivers recog-

nize their important role and to raise awareness about the resources available to caregivers. The campaign reached over 3,500 peo-

ple and led to an increase of calls to the Office on Aging Family Caregiver Support line, higher registration for caregiver classes hosted by the Office on Aging, and increased utilization of the Office on Aging’s family caregiver respite voucher.

During the campaign, community partners reported that they also saw increased connection to family caregivers.

During Family Caregiver Month, and all year long, the Larimer County Office on Aging wants caregivers to recognize their strength, feel belonging in our community, and know the resources that are available to support them.

If you are a family caregiver who wants to learn more about the resources available in Larimer County, please contact the Office on Aging at 970-498-7758 or aging@larimer.org.

Better Business Bureau

BBB Tip: Fall Home Maintenance Get Ready For The Winter



Shelley Polansky

The air is getting more relaxed, and the leaves and cornfields are turning yellow. Fall is here. With the change in weather comes a list of home maintenance that all homeowners should tackle before the icy stuff sets in.

Clean those gutters. A build-up of leaves and other debris can cause your gutters and downspouts not to drain correctly.

Inspect your roof and gutters. Inspect your roof for loose or damaged shingles and make any necessary repairs. Damaged or loose shingles can let in water and ice during the winter, creating interior damage.

Test your smoke and carbon dioxide detectors. Making sure these essential safety tools are in proper working condition is manageable and vital to ensuring the safety of those in your home.

Check your window and doors for air leakage. Adding caulk and weather stripping helps prevent cold air leakage into your home and prevents spiders and insects from entering.

Inspect your driveway. The frequent freezing and thawing

conditions in many areas, along with tree roots and ground shifting, can cause driveways to develop areas of needed repair.

Tend to the outside water supply. Cover up your outdoor water fixture (s).

Protect pipes. Insulate pipes in unheated areas, like attics, basements, and crawl spaces.

Prepare the garden and yard. Trim trees and bushes away from your home to prevent heavy snow or ice damage.

Store patio furniture and other outdoor items. Put away or cover outdoor furniture, grills, and other summer items to protect them from winter weather.

Stock up on winter supplies. Have salt or ice melt, shovels, and other winter supplies for snow and ice removal.

Reverse ceiling fans. In the colder months, you want your fan to move the warm air down, which means having your blades turn clockwise.

Test backup generators. If you have a backup generator, test it to ensure it’s in working condition in case of power outages.

Review your emergency plan. Review your family’s emergency plan, including how to stay warm, communication, and evacuation procedures.

Shelley Polansky, President & CEO BBB Serving Northern Colorado and Wyoming

NOW IS THE TIME TO REVIEW YOUR MEDICARE.

Open enrollment is Oct. 15-Dec 7.

Your local State Health Insurance Assistance Program (SHIP) is the **only** place to receive unbiased advice regarding your Medicare. Certified Medicare counselors will help you make your decisions. We do not receive compensation or commission from any of the prescription drug companies.

To make an appointment, scan the QR code:



Fort Collins



Marisol



Loveland



Greeley



Estes Park

Need help making an appointment?
Call the Aspen Club at 970.495.8558.



Seven Tips for Treating Dry Eyes

The Food and Drug Administration (FDA) recalled several brands of eye drops this year due to bacterial outbreaks and other contaminants. The FDA issued recall notices for eye drop manufacturers Pharmedica and Apotex, citing contamination concerns. At least 55 cases were reported, which resulted in vision loss, hospitalization and one death.

We wouldn't blame you if the recent bacterial outbreak linked to several brands of over-the-counter eye drops has stopped you from using them. But eye experts would urge you to reconsider. "I definitely still recommend eye drops every day and take them myself for dry eye," says Christopher Starr, M.D., a spokesperson for the American Academy of Ophthalmology and an associate professor of ophthalmology at Weill Cornell Medicine.

The fact is eye drops are one of the most effective remedies for dry eye. For a mild case, over-the-counter eye drops may be all you need, although your eye doctor can offer more treatment options. Here's your step-by-step guide to getting relief.

When your eyes are working correctly, they will constantly produce tears that keep the surface of the eye moist and comfortable. When you have dry eye, you either don't produce enough tears or your tears evaporate too quickly because your oil glands are clogged. Left untreated, dry eye can lead to an infection, damage to your cornea or vision loss. An eye doctor can diagnose what's causing your symptoms.

Common causes of dry eye include: medications such as antidepressants, blood pressure drugs and sleep aids; laser, or refractive, eye surgery; age-related hormonal changes, including menopause; autoimmune conditions; contact lenses; clogged ducts; & smoking or exposure to secondhand smoke. Here are seven tips for treating dry eyes:

1. Try eye drops and ointments. Look for eye drops that say "lubrication" or "artificial tears," not "redness relief." Ointments and gels provide longer relief, but use only at night since they can blur vision. If you need drops more than four times a day, switch to preservative-free ones that come in single-use vials, or see your doctor for prescription drops.

2. Take a tech break. When you use a computer or tablet, position the screen below eye level, take frequent breaks and try to remember to blink. Research shows you blink about 66 percent less than normal when you're staring at a screen. Many doctors recommend stepping away every 20 minutes.

3. Unblock your oil glands. Ducts along the edges of your eyelids generate oils to keep your tears from evaporating too fast. To help keep them flowing, wash your eyelids gently with baby shampoo or an eyelid cleanser, then lay a warm, moist washcloth on your eyes for a few minutes and lightly massage your eyelids. For stubborn cases, a doctor can perform an in-office procedure that uses heat or pulsed light to unblock glands.

4. Adapt your home environment. A humidifier adds moisture to dry indoor air. Put one near your favorite chair and one near your bed when you sleep (keep the door shut).

5. Move away from blowing air. Air blowing into your eyes irritates your eyeballs and can cause tears to evaporate more quickly. A ceiling fan can dry out your eyes even while you sleep. Wear wraparound sunglasses if you go outside on a windy day.

6. Try a different type of contact lens. In most cases, contact lenses make dry eye worse. But ask your doctor about scleral lenses, which can help keep dry eyes hydrated.

7. Get your ducts plugged. A doctor can place "punctal plugs" into the tiny openings in the corner of your eye that normally drain your tears, a painless office procedure. Courtesy of AARP.

Happy Thanksgiving Quotes

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." — John F. Kennedy

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some." — Charles Dickens

"When I started counting my blessings, my whole life turned around." ~ Willie Nelson

"Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not a coincidence." ~ Erma Bombeck

"There's always something to be thankful for on Thanksgiving. Even if it's just not being a turkey." ~ Anonymous

"Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover once a year is way too often." ~ Johnny Carson

"It took me three weeks to stuff the turkey. I stuffed it through the beak." ~ Phyllis Diller

"May all the good things of life be yours, not only at Thanksgiving but throughout the coming year. Happy Thanksgiving Day!"

Windsor Community PLAYHOUSE & 50 Plus Marketplace Present...

Christmas Cowboy Country Western

Music Songs Poetry & Fun!

Roundup

Ruby Jo Bascom Bill Brewster Roy Delgado Vic Anderson

November 26, 2:00 PM
\$20 Per Person
Order Online: windsorplayhouse.org
Or Call (970)-674-1790
561 East Garden Drive, Unit A
Windsor, CO 80550

WE ARE LOCAL!

Medicare Counseling: Call 303-333-3482

MEDICARE MONDAY

WEEKLY MEDICARE TOPICS FOR OLDER ADULTS

JOIN US IN PERSON OR ONLINE FOR VIRTUAL SESSIONS

2024 Medicare Changes

In-Person Meetings (Starting at 9:30 a.m.)

Nov. 6: Good Samaritan Society (Fort Collins Village), Garden Square (Greeley), and Inner City Parish (Denver)

Nov. 13: River Pointe Senior Living (Littleton) and Cherry Creek Retirement (Aurora)

In-Person Afternoon (Starting at 1:30 p.m.)

Nov. 6: Foothills Parks and Recreation (Littleton)

Wednesday!

LUNCH & LEARN

All Virtual Meetings (Zoom-Only)

Nov. 1: 12:00 p.m. to 1:00 p.m.

What is the Difference: Medicare Supplement & Medicare Advantage

Nov. 8: 12:00 p.m. to 1:00 p.m.

Medicare Benefits: Home Care, Nursing Home & Hospice Care

Nov. 15: 12:00 p.m. to 1:00 p.m.

Medicare: The Little Things You Need to Know

CGS Colorado Gerontological Society Leaders in aging

VISIT SENIORANSWERS.ORG FOR LOCATIONS, REGISTRATION AND COMPLETE EVENT DETAILS



Scan QR Code for Details

HEALTH CARE IN YOUR FUTURE SUMMIT

Presented By: **NORTHERN COLORADO
HEALTH SECTOR PARTNERSHIP**

THIS EVENT DISCUSSES DEVELOPMENTS AND FUTURE OUTLOOK INTO THE HEALTH CARE INDUSTRY IN THE NORTHERN COLORADO REGION.

FEATURED AGENDA TOPICS

- **Exploring Cutting-Edge Healthcare Innovations**
- **Addressing Ageism in Healthcare**
- **Elevating Behavioral Health in Healthcare**

Purchase tickets here



Your ticket comes with a warm breakfast buffet and a selection of beverages available in the morning. You'll also have a reserved seat to attend seven sessions.

More information available at: nocohealthcaresummit.com



NOVEMBER 1, 2023
8 AM - 12 PM



THE RANCH FNBO BUILDING
LOVELAND, CO



Governor Polis & Colorado Legislative Leaders Promote Colorado as a TechHub!

In the latest bipartisan push from Colorado leaders to ensure Colorado is positioned to receive transformational federal funding for a TechHub designation, Governor Polis, Speaker Julie McCluskie, House Majority Leader Monica Duran, Senate President Steve Fenberg and Senate Majority Leader Robert Rodriguez, Senate Minority Leader Paul Lundeen, and House Minority Leader Mike Lynch wrote to Secretary of Commerce Gina M. Raimondo.

Colorado's cleantech industry has a \$4.6 billion economic impact each year and employment in the sector has grown by over 5% since 2020, directly employing 61,179 people, ranking fourth in the nation for its concentration of cleantech employment. Under the Polis administration, the state has attracted new clean tech companies leading to job creation.

"As you work to implement the Tech Hubs program under the CHIPS and Science Act (P.L. 117-16), we write to formalize our strong support for the Colorado CleanRange Coalition (CCC) and its designation by the Economic Development Administration (EDA) as a Regional Technology Hub in Advanced Energy technol-

ogies," the leaders wrote.

CCC's Coalition of over 170 entities across Colorado, including rural areas, is led by our industries, including our multinationals like Xcel, Vestas, Lockheed, Coors, Trimble, and Eaton, in collaboration with dozens of startups and emerging companies in our thriving innovation ecosystem that Colorado is famous for. It includes both our R1 universities and our community colleges, our 33 national labs, and economic development agencies from our Native American lands to agricultural, urban, and mining towns.

Governor Polis and the Colorado Office of Economic Development and International Trade (OEDIT) announced in April a new public-private initiative, TechHubNow!, to strategically position Colorado for designation as a Regional Technology and Innovation Hub (Tech Hub). The U.S. Economic Development Administration (EDA) will select 20 federally-designated Tech Hubs across the country, with \$500 million in appropriated funding available in 2023 to help these hubs drive U.S.-based technology- and innovation-centric growth.

Origins of Thanksgiving

The Thanksgiving holiday's history in North America is rooted in English traditions dating from the Protestant Reformation in the early 1500s. It includes the harvest festival in New England that occurs well before the late-November date on which the modern Thanksgiving holiday is celebrated.

Pilgrims and Puritans who emigrated from England in the 1620s and 1630s, carried the tradition of Days of Fasting and Days of Thanksgiving with them to New England. The modern Thanksgiving holiday tradition is a well-recorded 1619 event in Virginia and a sparsely documented 1621 celebration at Plymouth, Massachusetts. The 1621 Plymouth feast and thanksgiving were prompted by a good harvest, which the Pilgrims celebrated with Native Americans, who helped them get through the previous winter by giving them food during that time of scarcity.

Thanksgiving proclamations were made mostly by church leaders in New England until 1682, and then by both state and church leaders through the American Revolution. Our first President George Washington proclaimed the first nationwide thanksgiving

celebration in America marking November 26, 1789 as a day of public thanksgiving and prayer.

Since then, Thanksgiving in the United States has been observed on different dates. The final Thursday in November had become the customary date in most U.S. states by the beginning of the 19th century. In 1939, President Franklin D. Roosevelt signed a presidential proclamation changing the holiday to the next to last Thursday in November for business reasons. However in 1941, he signed a joint resolution of Congress changing the national Thanksgiving Day back to the fourth Thursday in November.

The "Holiday Season" generally begins with Thanksgiving. Currently, the first day after Thanksgiving Day, Black Friday, marks the start of the Christmas shopping season followed by Cyber Monday for the online shoppers. Enjoy for the holidays! Article courtesy of Wikipedia.



Call for a Tour. Lunch is on us!

Peaceful Assurance

Rest assured knowing we will take care of the ones you love.



Residents at the Bridge live in lovely surroundings while receiving all the personal assistance they need to keep their independence. We offer several private studio and one-bedroom apartments.



THE BRIDGE
AT LONGMONT

303-774-8255

Pratt Street, Longmont CO 80501
www.centurypa.com

32 Years of Service Providing
Information for the 50+ Community

Genealogy Rocks!



Carol Darrow

I recently played out in the streets until the street lights came on. We did not have bike helmets – we didn't even have bikes. We had roller skates that clamped onto our shoes. When the skates got worn, my father nailed them to a wooden scooter he built for me.

Growing up in the early 1950s, we played school, war, and hospital. We sold Kool Aid to our friends and set up a primitive haunted house in the alleyway. I looked up the house of Aggie, Annie and Johnny Pat. Across the street was Billy Schmidt's house where we played school. On the next block were Elizabeth Long and Annie Cooper.

Amazingly enough, they all had parents and extended family that I never knew about. Their parents worked for the city or the machine shop or the grocery store. What an exciting afternoon as I toured the old neighborhood and recalled many happy days.

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

was taken. We will have to wait until 2032 for the release of the 1960 census.

Even though the 1950 census was released on April 1, 2022, many people haven't bothered to look at it. Most of us in the older generation will probably find ourselves or our siblings in that census. But because we "know" what was happening in 1950, we seem less interested.

I was reported as a four-year-old as of April 1, 1950 because my birthday is in May. I was almost five years old. We had recently moved to this house earlier in 1950 and we lived there until 1957. For me the excitement was identifying my former playmates in the neighborhood.

We were the generation that

Find Einstein



Can you find the hidden Einstein in this paper?

A	S	P	S	A	D	H	O	C	F	E	R	E	
B	E	A	U	N	A	I	R	A	L	A	I	D	
B	E	R	M	O	F	A	L	T	E	R	E	D	
A	D	A	M	A	N	T	C	L	E	A	N	L	Y
M	O	D	T	H	U	S							
A	M	A	N	D	I	N	E	P	L	E	A	C	H
P	A	R	T	E	R	M	A	R	E	N	A		
A	N	I	L	S	A	R	A	H	G	R	I	M	
R	O	B	E	S	R	A	K	E	O	D	A		
T	R	O	U	P	E	C	O	L	O	S	S	A	L
E	C	S	T	A	S	Y	T	R	A	C	H	E	A
P	E	L	A	G	I	C	I	O	H	E	A	L	
I	D	E	M	E	L	A	N	D	E	R	S	E	
C	E	D	E	R	E	S	T	S	R	E	T	E	

Help us Help the 50+ Community

TRADING POST

Travel

TRAVEL WITH ALETA
Motor Coach Tours . Call or email Aleta for information and full details 720- 382 -3814 or blondealeta@msn.com www.GroupTrips.com/travelwithaleta

Branson Holiday Extravaganza

November 12 – 18th, 2023 \$935 for 7 days and 6 nights Includes motorcoach, all lodging, 10 meals, 7 shows and more

Savannah, Jekyll Island and Beauford, SC

April 26 – May 6th, 2024 \$ 1495 for 11 days,10 nights Includes, motorcoach transportation, all lodging, 18 meals(10 breakfasts,8 dinners)

Tours and more!
Mackinac Island
August 31 – September8, 2024

\$1259 for 9 days and 8 nights Motorcoach, lodging, 14 meals All the tours and sightseeing!

Mt. Rushmore, Black Hills, Crazy Horse, Deadwood South Dakota
September 30 – November 4, 2024

\$715 for 5 days

Travel

Includes motorcoach, most meals and all ticketed venues And sights.

For Sale

Senior Community over 55 in southwest Littleton \$95,000. 2 bedrooms, 2 Full Baths, washer/Dryer, for sale by owner. Must see To appreciate the incredible value, call 303-358-4046

Services

Seniors and Veterans, home repairs at affordable Prices. Free information. Call: 970-793-6616

English Language Tutoring for Adults.

Certified ESL Instructor Online and Individualized. Free Initial Consultation Laurascott.esl@gmail.com

Caring Hands Crafters Craft Fair

109 South 3rd Street Mead Colorado Sat. Oct. 28 – 9am to 7pm Sun. Oct. 29 – 8am to 2pm Handmade needlework and craft items to benefit nonprofit organizations to help others.

Help Wanted

HELP WANTED: Sales and Marketing Assistant to call on Larimer County Businesses. 10 to 15 hours a week and set appointments for the Larimer County edition Marketing Team. Experience helpful, but not necessary. A passion to help Seniors is a plus. Call Michael Buckley, Associate Publisher at 970-673-5918 for more details.

Travel

COSTA RICA VACATION

9 Days - from \$750 pp Visiting 3 favorite locations: Arenal volcano, monterverde cloud forest and Manuel antonio beach. All hotels and breakfasts included. Private transportation throughout. Or let us customize your ideal travel package. We are here in Colorado. 214-660-6133 Info@costarica-groups.Com Http://www.Costarica-groups.Com

Trading Post ORDER FORM

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

50 Plus Marketplace

4400 Sioux Dr.
Boulder, CO 80303

Copy due by the 10th of the preceding month.

August 2023	6/10/2023
August	7/10/2023
November	8/10/2023
August	9/10/2023
August	10/10/2023

ADVERTISER'S INFORMATION

Name _____
Company _____
Address _____
City, State, Zip _____
Phone _____
Email _____

Colorado Gerontological Society

Proposition HH - Property Taxes, Tabor Refunds



Eileen Doherty

Denver CO. The State legislature passed Proposition HH with important tax changes for property owners. Learn more about how it will affect renters and homeowners. Property tax revenue in Colorado is set to increase by nearly \$4 billion next year. Statewide, residential assessments are going up 40%. This is nothing short of a property tax crisis. In response the Colorado Legislature has referred Proposition HH to the voters in November.

Proponents

1. The average homeowner will save \$600 every single year and will get an increased TABOR refund of \$820 this year.

2. Prop HH places a cap on local district property tax collections at the rate of inflation. If revenues exceed the cap, the local government must reduce its property tax rate (mill levy). If the governing body of a district wants to retain revenue over the cap, it must send a notice to property owners, convene a meeting with public testimony, and vote to retain any amount of revenue over the cap.

3. Makes the Senior Homestead Exemption portable.

Opponents argue:

1. Prop HH drops residential assessment rates only slightly, from 6.76% to 6.7%. The commercial assessment rate drops from 27.9% to 27.85%. If HH passes, these changes will provide only \$300 million in "relief" from the projected \$4 billion increase. That means an approximate \$3.7 billion increase in property taxes.

2. Ends Tabor Refunds - HH raises the TABOR cap by 1% beyond inflation plus population growth each year. That means, if HH passes, the state will be able to keep and spend \$10 billion of your TABOR refunds over the next decade.

To learn more about the pros and cons, visit our <https://www.youtube.com/user/COGerontology>.

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

We Care

Technology is Hip!

3D Printed Homes of the Future



Bob Larson

Our government estimates the U.S. is short about 3.8 million housing units, both for rent and for sale. Builders cannot keep up with the demand and prices keep rising!

A recent 60 Minutes TV program discussed 3D printed homes using this latest technology. According to Jason Ballard, founder of Icon, he sees 3D printing as the future of housing construction. As a startup that uses 3D printing in place of traditional home construction, Ballard believes strongly that the multi-step labor intensive process of framing walls and hanging drywall in new homes will be replaced by 3D printing robots.

Jason indicates 3D printed homes will be more energy efficient by 2 1/2 times, much stronger by 3 1/2 times, exceeding 200 mph winds, much higher fire rating, resists termites and flooding, eliminates any labor shortages, lasts longer, and does it faster than traditional methods.

He started his new venture in Texas, where he built a homeless community as a test using 3D printing. Icon is currently building the world's first large community of 3D-printed houses north of

Austin, Texas. A four-bedroom 3D printed home will cost about \$400k. Each of the 100 houses starts with pumping a special blend of concrete into the robotic printer. The 3D printer completes the home in two weeks versus several months using traditional construction methods.

His next venture with the help of NASA is to create 3D printed landing pads, roads, buildings, and homes on the moon and eventually Mars for the astronauts and workers. NASA gave Icon a \$57 million contract to build the new 3D robots for the moon within a decade. The laser equipped 3D robots won't be using concrete, but using the existing lunar soil, (aka regolith) on the moon to build the proposed structures.

This is another great use of technology to enhance our human lives.

Bob Larson is a technologist and our Marketing Director.



YOUR ONE STOP SHOP

FOR ALL YOUR MOBILITY NEEDS

50 FREE MILES ON YOUR RENTAL WHEN YOU MENTION THIS AD

ACCESSIBLE VAN RENTALS AND SALES

970-223-8267
819 E Mulberry Street, Fort Collins, CO 80524

FRONTIERACCESS.COM
1207 E. Pershing Blvd. Cheyenne, WY 82001

Reflections

Nature's Colors



Martha Coffin Evans

As I look at the beauty of the November sunsets, I'm reminded of a quote I heard years ago: "November sunsets are the dividends paid by the year before closing its books." How true that seems to me.

These sunsets along with the beautiful colors found in the sunrises, should we be awake to see them, are reminiscent of stained glass. Having created several stained glass pieces years ago, their amazing colors provide much to be admired. Whether pastels or brilliant oranges, rusts, red, complemented with blues, their patterns appear endless and unique. Possibly hues of green appear in these morning and evening spectacular shows.

Nature gives us other beautiful and colorful patterns in granite. If you've ever visited a granite warehouse with the intent of finding something new for your kitchen or

bathroom counters, the immense array of colors is mind boggling. Who knew about these incredible color schemes unless on the quest for a home remodel.

While I don't understand the science behind the colorful skies or what makes granite so varied and impressive, I can appreciate them both. Most likely, sky gazing is the least expense of these options for admiring nature at work.

Take a stained glass class and enjoy the challenge of cutting, shaping and soldering your piece which you'll have for years of enjoyment. Or, feel free, to select that special piece of granite. It might cost a tad more than the other works of nature although it will be enjoyed daily for years to come as well.

What's your favorite display of nature's colors at work? All are priceless in their own unique way.

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC., can be reached at itsmemartee@aol.com. Find her others writings on www.martycoffinevans.com.

Turkey Carving Tips for Thanksgiving

(StatePoint) Cooking is only part of Thanksgiving prep. For many hosts, carving the bird represents the most intimidating feast feat.

Don't chicken out! There are some quick tips you can follow to demystify the process, from the carving experts at Smith's Housewares, a manufacturer of innovative knife sharpeners and kitchen tools:

- The first thing you will want to carve out is a proper amount of time to cook the turkey. When coordinating your schedule that morning, keep in mind that between taking the turkey out of the oven and cooking it, you should allot about 20 minutes. This waiting period is not frivolous. It makes the handling of the hot turkey easier on your hands, and gives the meat's juices crucial time to redistribute.

- If your turkey is tied, remove the string first. Start by removing each leg and thigh from the body of the turkey, using your hands to separate, and your knife to slice through the meat.

- Next, separate the thighs from the legs by pulling on a leg and using your knife to slice. Target the 'V' area with your knife, feeling around until you find the joint. Slice the meat away from the thigh bone and place it directly on your serving platter.

- The next step is to remove the wings using a similar method. By identifying where the joint is; you can avoid slicing bone.

- Using an even stroke, slice each

breast from slightly off the mid-line. Slice down, gently pulling the breast away on the side you've chosen. Slice each breast into quarter inch thick slices. Place on your platter. Alternatively, cut slices of breast directly off the turkey, parallel to the rib cage. Just ensure you keep the slices even on both sides.

- Be a sharp chef. To make the job smooth sailing, and avoid tearing the meat and making a mess, use a sharp, straightedge knife and a carving fork to steady your meat. You'll save time and energy and get better results.

- In the days leading up to the holiday, make sure your kitchen is ready to go by sharpening all the knives you will need for food prep that day, particularly your turkey carving knife. A compact electric knife sharpener is a great kitchen essential to have on hand for everyday use, as well as for major holiday feasts, as it is ideal for precise sharpening of straight edge knives. Those from Smith's Housewares feature a manual slot for polishing a freshly ground edge or a quick touch-up of already sharp knives.

- Add a garnish to the serving platter to make your turkey a feast for the eyes. As the main course, it deserves a bit of extra flair. Fresh in-season herbs, fruits and vegetables all work well to complete the look.

Don't let the final throes of preparation be the most difficult on Turkey Day. All you need are the right, well-maintained tools and proper technique.

Professionals for Seniors & Good Samaritan Fort Collins

Just a few more! There would have been one hundred members of Professionals for Seniors in attendance at their recent networking group's meeting. They gathered for breakfast, friendship, exchanging business cards and chatting among themselves about the various senior oriented products, services, and special events they offer.

In an extremely well fashioned manner, the get together was hosted by GOOD SAMARITAIN Society Fort Collins Village on

West Trilby Road.

The occasion turned out to be a 50 Year Anniversary for Good-Sam Fort Collins. The community's management and staff were on hand to warmly greet everyone and to thank them for coming to the net-working breakfast and to join in the 50 Year Anniversary Celebration

Below: Janet Flax, Senior Living Sales Specialist is having fun delivering door prizes to the winners.



P4S members enjoying breakfast, conversation & the programs. and waiting, too, to introduce themselves. The traveling mic was on its way...

Is a Reverse Mortgage Right for You?

Reasons to Consider A Reverse Mortgage:

- Turn Off Your Existing Mortgage Payments
- Avoid a Nursing Home - Use Your Home to Stay at Home
- Eliminate Existing Debt
- Home Improvements or Repairs
- Safety Net - Protection Against Future Emergencies

FREE Appraisal When You Mention This Ad!
up to \$750 value

Contact Us Today
for a Complimentary
Reverse Mortgage Guide!



303.410.2937
D1reverse.com



Here, You are Family



Family Owned & Operated

NMLS ID: 1572808



Why So Many Seniors Choose TRU PACE, A Medical Program for Older Adults

- Free with Medicaid and no-share cost
- Transportation always provided
- Medications delivered to your door
- Therapy, home care and social support as needed
- Coordinated medical, dental, vision and more

"We are always well taken care of at TRU PACE and look forward to coming in. TRU PACE is like family! It's amazing!"

-TRU PACE Participant

Call today for a **FREE** consultation!
303-926-4745 TTY (800-659-2656)

Now serving all Boulder, Broomfield,
and portions of Adams, Weld and Jefferson County



PACE.trucare.org



PACE

Program of All-inclusive Care for the Elderly

Veterans Echoes Indians On The War Path



Brad Hoopes

America's involvement in World War II was nearly a year old when the Loveland High School Indians beat Salida 26-18 in the state championship game. Through the years I had gotten to know and record the stories of Lee Bashor (#33) and Ken Calkins (#38 and last surviving member of the team). As I studied the team photo, I wondered how many of those "kids" in that photo would go off to serve in the war effort. If I was a betting man, I would have put money down that practically everyone in that picture did.

Research showed that bet would have paid off. With the exception of one player who moved away a year later and I was unable to confirm his status (once again would put money down that he served), every player and the assistant coach (L) in that picture would eventually go off to war. Even coach Ray Patterson (R)

was affected by the war, as he took over the coaching position when coach Bill Reed left to run the draft board. Sadly, Bill Jump (#37) would be killed in action one month before the war ended in Europe.

The war was a collective, all-consuming effort by every citizen and over 16 million Americans would serve. Loveland was no exception to this effort. 472 Lovelanders would serve and 24 of those would lose their lives. Quite an impact and loss for a town of 6,200 people. There is no doubt that every community throughout Colorado and the country had similar stories and statistics.

Brad Hoopes has a passionate project of preserving the stories of veterans. To watch veterans tell their stories, please visit: www.youtube.com/@rememberandhonorstories



Ageism Matters

How To Change The Narrative On Aging

To counter ageism, we have to think, talk and act differently about aging. But, how do we do that? Each of us can do something, from changing our words to sending a card to advocating for ourselves.

Our organization began in 2018 with training people in reframing aging. The words we use and the stories we tell reflect and influence our beliefs. The response was overwhelmingly positive and we gave over 40 seminars in person that year.

Through this, we also began learning that this was just the start.

People told us of workplace age discrimination. We learned that most of us do not have intergenerational relationships outside our family. We saw clearly how ageism impacts our health and even survival.

There are three research-proven solutions to ageism: education, intergenerational connections and policy change. We dug into all three, using strategic communications to reach people.

This led to new campaigns and workshops that provide the background and tools we need to un-

derstand ageism and do something about it - in our workplaces, our healthcare and society in general.

We've reached people across the country and world through social media and earned media with campaigns like our Anti-Ageist Birthday Cards and Guidelines for Age-Friendly Communications. Our Intergenerational Conversation Toolkit and movie Antidotes for Ageism have been downloaded

hundreds of times. We co-founded the Older Worker Policy Collaborative in Colorado which recently celebrated the passage of the Job Application Fairness Act. On our website you can find all this and more.

We've evolved by responding to your input. Learn more in our Five Year Report on our website. Find a way to get involved. Together, we can 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.



Kris & Sara

Manufacturer of 3D Printed Homes Moving Headquarters to Colorado

Governor Polis and the Global Business Development Division of the Colorado Office of Economic Development and International Trade (OEDIT) joined the City of Greeley to announced in October that Alquist 3D (Alquist), a manufacturer of 3D printed homes and infrastructure, has selected Greeley, Colorado for expansion. The company, which created the first owner-occupied 3D-printed home in the United States, selected Colorado because of its commitment to developing affordable and attainable housing and workforce development programs.

"Colorado faces a housing supply shortage and we need action!" said Governor Polis. "Alquist 3D, which has selected Greeley for their headquarters and 79 new good-paying jobs, is bringing innovative solutions to building more quality housing and building it faster. Solving our housing crisis is all hands-on deck and innovative solutions like Alquist 3D and communities like Greeley are crucial to our success in lowering construction costs for housing and infrastructure."

In Greeley, Alquist 3D will es-

tablish a showroom and production facility where the company will robotically print 3D structures with a focus on creating lower-cost housing and infrastructure and serving economically distressed and underserved communities. Plans are already taking shape to print curb systems with integrated drainage for the City of Greeley, and the company is working closely with the Greeley-Weld Habitat for Humanity on plans to produce structures for a local housing project.

"There is nowhere else on the planet where so much is happening all in one place to move structural 3D printing forward," Alquist Founder and Chairman Zachary Mannheimer said of Greeley and Colorado. "We're excited to have a home where all the pieces of the puzzle to commercialize this industry are coming together. We're thankful to Colorado for sharing in this vision, to Greeley for its courage and hard work throughout this process, and to local organizations like Aims Community College and the Greeley-Weld Habitat for Humanity for their early partnership."

50 Plus Media Solutions INC

Providing multiple solutions for branding and promoting your business!



50 Plus Marketplace INC

- Local Events, Interesting Columns, & Lifestyle Articles
- Four Local Community Editions
- Over 200,000 Print Circulation in 100 towns & 16 Counties
- Connecting 50 Plus Adults with Local Businesses
- Effective & Affordable Ad Rates

50 Plus Video Solutions™

- Lower Cost Video Solutions
- Highly Persuasive with Measurable Results
- Multiple Delivery Methods
- More Memorable than other media!



Visit 50Plus.solutions to learn more!

303-694-5512 for more information!



New Patients Welcome!

Delta Dental Premier Provider

- General Dentistry
- Esthetics
- IV Sedation
- TMJ / Craniofacial Pain
- Dental Implants
- Snoring & Obstructive Sleep Apnea



NICOLE M. FERRARA, DDS, PC



THEO E. MIODUSKI, III, DDS, PC



RYAN S. OLSON, DDS



Sundance Professional Centre
970.663.1000
2975 Ginnala Dr., Ste. 100
Loveland, CO 80538
www.implantdds.com

Pets Are Family

Winter Tips For Dogs And Cats

As the temperature drops and winter sets in, it's essential to ensure our beloved furry companions stay warm and comfortable. Cold weather can be rough on your pets, but with a few simple tips and tricks, you can help keep them cozy and safe throughout the chilly season.



Judy Calhoun

When outside, keep your pets' paws safe. Salt and ice melt chemicals used on roads and sidewalks can be harsh on their paws. Be sure to wipe their paws with a warm, damp cloth to remove any residue. Additionally, consider using pet-safe ice melt products on your driveway and sidewalks.

Adjust your pet's diet as need. They may require more calories during the winter to maintain their body temperature. Consult your veterinarian with supporting your pet's nutrition during the cold months. Along with their nutrition, regular grooming is essential, especially for long-haired pets. Keep their fur well-maintained to

prevent matting, which can trap cold air close to their skin.

Despite the cold temps and slippery sidewalks, it's important to stay active in the winter. Daily exercise will promote your pet's blood circulation, which helps prevent frostbite and ensures their extremities (ears and paws) stay warm. A physically active pet will have a higher core body temperature, making them more comfortable in the cold. Keep an eye on your pets for signs of cold stress, such as shivering, lethargy, or seeking warmth. If you notice these symptoms, bring them indoors and provide additional warmth.

While inside, ensure they have a comfortable and warm bed to rest. I know this is probably a given, but it's important to ensure the bed is in a cozy area of the house, and not near drafts from doors/vents or noisy, high-traffic areas.

Learn more at noco humane.org.

Ron Stern's Travel Series

The Many Charms of Branson, Missouri



Ron Stern

If you've never considered Branson, Missouri, as a vacation destination, you have been missing out. From world-class live entertainment to down-home country food to unbelievable attractions, this little city has it all.

Known as "The Live Entertainment Capital of the World," there are so many shows going on that you might have a hard time choosing. My suggestion is to start with The Haygoods, billed as the number-one show in Branson. This talented family puts on a light and musical extravaganza that is simply amazing!

Driving along what they call, "The Strip," you might think you are in Las Vegas. Both sides of the highway are chalk full of family-friendly attractions that rival anything you might find in a big city. This includes diversions such as a Titanic Museum, live shows, restaurants, jeep and helicopter tours, veteran's memorials, a can't-miss attraction called FlyRide and so much more.

The Downtown Historic District is great for dining and shopping. Dick's 5 & 10 is an iconic variety store operating for more than 60 years and is a popular spot for browsing their endless isles of

nostalgic merchandise.

What was formerly the Chicago Navy Pier Ferris Wheel has been relocated here. The 150-foot tall attraction rotates slowly with grand views of the Ozarks accompanied by a spectacular music and light show.

Of the 300 or so restaurants here, I really enjoyed the Farmhouse Restaurant (don't miss their blackberry cobbler.), Oscar's Famous Ribs, and the Transylvania Bakery and Cafe.

Silver Dollar City, was named America's #1 Theme Park," and is an 1880s-style theme park complete with 100 craftsmen demonstrating old-time (lost) arts. It is also where you can find top-rated adventure rides, Broadway-style shows, and food you won't find anywhere else. Think skillet dishes such as chicken and andouille gumbo over cheese grits and you will get the idea.

There are many other not to miss venues. Some of these include The Showboat Branson Belle, Aquarium on the Boardwalk, Branson Landing and The Site and Sound Theater.

This is a patriotic city that honors seniors, families and veterans. Make sure you include Branson, Missouri in your upcoming travel plans.

This was a sponsored visit, however, all opinions were honestly reviewed.



Showboat Branson Belle. Photo courtesy of Silver Dollar City

BUSINESS PARTNERS

You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!



Instructors Wanted! Help seniors, rehab patients, and fitness walkers discover the fun of Nordic Walking!

Become a certified Urban Poling Instructor and change lives!

Contact Penny today for additional information
970-215-0093.

Healthy Penny's
Wellness Solutions

Cameras Wanted!

I collect, use and sell film and digital cameras.

Text what you have or call 970-823-0002

Prices Paid depends on condition.
BRUCE

Clip and save for future reference.

IS YOUR HOME SAFE ?

HouseMaster
Home Inspections. Done Right. Guaranteed™

Radon is the second leading cause of lung cancer in the United States after smoking.

Protect yourself and your family from Radon. The only way to know if you have unsafe levels of Radon in your home is testing. Call today.

Randy Vise
LICENSED AND INSURED

Call for an appointment: 970-674-7495

50 Plus Gives Thanks For Our Wonderful Clients And Our Dedicated Team Members

Thank You All

GOOD HEALTH WILL

Medical Outfitting & Recycling Store

Find & Donate Medical Equipment & Healthcare Supplies

2003 W 8th St, Loveland, CO 80537
(970) 624-6002

Be Well. Be Free. Be YOU.

Michele Koller
Licensed Massage Therapist

970-646-4015 (Voice & Text)
mkoller@massagetherapy.com
www.bymassage.com

\$49 First Time Special for a 1 hour massage

Advertise Your Service Here! Call 303-694-5512 for details!

Four Ways You Can Observe National Veterans and Military Family Month

(StatePoint) When was the last time you thanked a military member or veteran for their service? November is National Veterans and Military Family Appreciation Month and an excellent time to celebrate, support and honor service members.

That's why Points of Light, a global nonprofit organization dedicated to mobilizing people to take action that changes the world, is sharing ways you can get involved, along with the stories of former military members already doing so. From volunteering to donating and beyond, these ideas are based on the Points of Light Civic Circle®, a framework that highlights nine pathways to boosting social impact.

1. Listen and learn. Being in-

formed about an issue can help you think more critically, make better decisions and lend stronger support. Check out two podcasts created by Military OneSource. Covering topics like deployment, casualty assistance, money management and parenting, they are designed to help military members and families thrive, and can help others understand the difficulties of military life.

2. Volunteer. Hands-on support is some of the most impactful work you can do in the nonprofit sector, and organizations rely heavily on volunteer power to carry out their missions. The American Red Cross is currently recruiting caseworkers for military members, veterans and families. This volunteer role requires some training, but can be carried out from anywhere, and shifts are flexible. Whether you're looking for remote or in-person volunteer opportunities, search Points of Light Engage, the world's most comprehensive database of volunteer opportunities around the globe.

3. Donate. Nonprofits and NGOs are dependent on donations to pay their staff, recruit volunteers and execute their high-impact work. This year

marks Wounded Warrior Project's 20th anniversary. You can support its mission of providing career and VA benefits counseling, mental health support, adaptive sports initiatives and more, by making a donation for National Veterans and Military Family Appreciation Month.

4. Celebrate, thank and honor veterans. Veterans and their family members are everywhere – from working alongside you to doing everyday things like grocery shopping, eating at a restaurant and more. Consider ways you can celebrate and honor military members or veterans in your community. It might be as simple as thanking a coworker for their service, writing a thank you note and dropping it off at your local VA or sending one virtually through Soldiers' Angels. You might also attend a Veterans Day parade or event in your community or simply ask a veteran about their service. These gestures can go a long way in helping veterans and service members feel seen and appreciated.

From volunteering your time and talent, to contributing your resources, there are many ways to honor former and current military members and their families this month.

Rocky Mountain National Park Winter Activities

Even though Trail Ridge Road will be closed for the winter, there are many winter activities at the lower elevations. This is a magical time to visit the park, a time when there are fewer crowds and it's easy to enjoy both solitude and snow on a winter wilderness adventure.

However, there are unique challenges associated with the winter and spring seasons to be prepared for: snowpacked and icy roads, temperatures that frequently drop below freezing, as well as seasonal road closures. Extra planning is key to a successful winter adventure in Rocky Mountain National Park.

With elevations ranging from 7,800 feet to over 14,000 feet, winter conditions can greatly vary in the Rocky Mountains. The winter season, especially at locations above 8,000 feet, can stretch from late September or early October to late May or early June.

While March and April may signal the arrival of warm, sunny days in many parts of the U.S., that does not hold true in Rocky Mountain National Park. Historically, March and April are among the snowiest months in the State of Colorado, especially at high elevations. If you are planning for a spring break trip, or even a trip in early to mid-May, pack your snowboots, and warm clothes! You need to be ready for winter conditions.

Did you know that many of the park's winter trails, including destinations in the Bear Lake and Hidden Valley areas, are located within significant avalanche terrain? Avalanches can be triggered by snowshoers, winter hikers, backcountry skiers, and even wildlife.

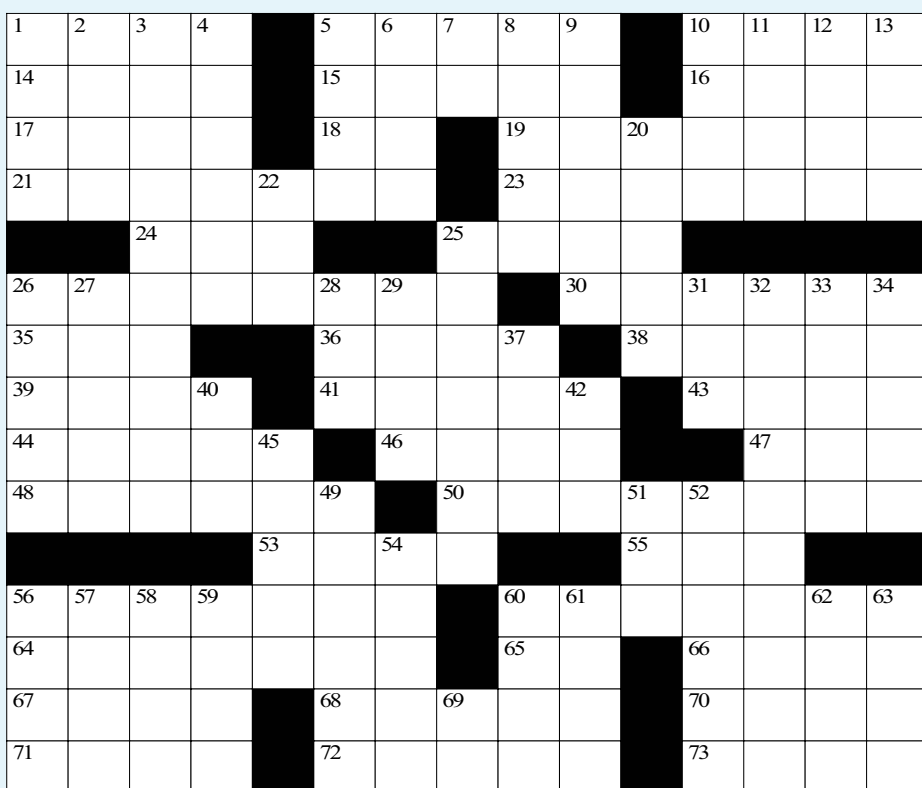
And last, the winter season creates some unique wildlife viewing opportunities. To learn more about how to safely view wildlife, please visit their Wildlife Viewing page at www.nps.gov/romo/plan-yourvisit/wildlife_view.htm.

Rocky Mountain National Park has six live webcams located at Alpine Visitor Center, Kawuneeche Valley, Glacier Basin Campground, Longs Peak, Fall River & Beaver Meadows entrances. Visit their website at www.nps.gov/romo/learn/photosmultimedia/webcams.htm.



50 Plus Marketplace News Crossword Puzzle

November 2023
Answers page 7



ACROSS

- 1 Serpents
- 5 Concerned with a specific subject
- 10 Comrade
- 14 Sweetheart
- 15 Monetary unit of Nigeria
- 16 Put down
- 17 Narrow ledge
- 18 Belonging to
- 19 Changed
- 21 Inflexible
- 23 Personally neat
- 24 Very modern
- 25 In this way
- 26 Prepared with almonds
- 30 Interweave
- 35 Average
- 36 Division of a school year
- 38 Area used for sports

DOWN

- 1 Title of respect for God
- 2 Propagative part of a plant
- 3 Capital of Suriname
- 4 Call for the presence of
- 5 Soon
- 6 Foolish
- 7 Hello there
- 8 Mountain spinach
- 9 Call to service
- 10 Bloodsucking insect
- 11 Acquire through merit
- 12 Monetary unit of Cambodia
- 13 Whirlpool
- 20 Unit of magnetic induction
- 22 Find the sum of
- 25 Patio
- 26 Away
- 27 Feudal estate
- 28 It is
- 29 Close
- 31 Unit of energy
- 32 The earth's atmosphere
- 33 Nematocyst
- 34 Porter
- 37 Mackerel shark
- 40 Monetary unit of Romania
- 42 Norse goddess
- 45 Mine prop
- 49 Simpler
- 51 Wood sorrel
- 52 Chocolate cake
- 54 Recurring series
- 56 Heroic
- 57 To yield
- 58 Sledge
- 59 Domesticated
- 60 Hue
- 61 Staffs
- 62 The Orient
- 63 On sheltered side
- 69 Similar to

- 70 Scottish Gaelic
- 71 To yield
- 72 Reposes
- 73 Network of nerves