

50+ ADULTS **50** Plus **Marketplace**



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

September 2023 • Volume 29 • Issue 9

A One Stop Shop Event Weld Senior Symposium 2023

Have you ever found yourself in a situation when you wished you “would have known”? The Weld Senior Symposium is the event that gathers all important information in one place! The event is back for the 9th straight year and once again it will offer helpful resources.

A dedicated planning committee works year round to provide an event for older adults and their caregivers to attend and learn about resources and hear from

professionals on topics relevant to their needs. The planning committee is so excited to announce that the Weld Senior Symposium: Navigating Legal Issues & Area Resources will be on Wednesday, October 4, 2023 from 8:30 am to 2:00 pm at the Island Grove Conference Center, 425 N 15th Avenue in Greeley.

This is your opportunity to hear from attorneys and professionals in the field. This year’s topics include nutrition for older adults, grief and

aging, technology and scams, proactively planning for incapacity, contented dementia, and last wills and testaments, trusts, and powers of attorney. We are very excited to also offer a panel of professionals for caregivers and helping parents age.

More information and registration can be found at www.weldseniorsymposium.org. Not into the internet? Then please call us and we can register you over the phone by calling (970) 400-6950. A sug-

gested donation of \$10 will help cover the cost of lunch and event expenses that can be donated at the door.

The planning committee would like to give our sincere thank you to our event sponsors, the Weld Senior Symposium event would not be possible without you. And deep appreciation to the planning committee for the many hours they dedicate to bring vital information to our community. See you October 4, 2023!



Veterans Plaza Hosts Community Picnic 2023

Veterans Plaza of Northern Colorado (VP) hosted their annual community picnic on August 12 at Veterans Plaza in Fort Collins Spring Canyon Park. Over 150 veterans and their families attended the picnic. Veteran’s families included many children who played the various games held at the picnic.

The picnic serves as an educational outreach to the children. Many of the veterans were in uniform, providing the opportunity for the kids to meet and talk to men and women who served in the military.

A barbeque luncheon consisting of hamburgers and hot dogs with various salads and drinks was provided for the attendees. Afterwards, introductions, thank you comments, and awards were given by VP President Gary Ricker. Pictured is Gary Ricker, president of

the organization presenting a lovely eagle statue to Nina Bodenhamer with City Gives organization for supporting Veterans Plaza.

Thanks to Scheels, Freddy’s,

Shamrock Foods, Pepsi, Jon Susa Farmers Insurance, Combat Veterans, & Best Event Rentals for supporting the picnic!



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SEPTEMBER Calendar

Thursday/14

Senior Connection Expo presents a FREE resource fair with entertainment at 9 am at the Drake Center (802 W. Drake @ Shields) in Fort Collins. Over 40 vendors with lots of musical entertainment including a dance show, many door prizes, and free dessert bar at the end. Lots of free parking!

Saturday/16

Larimer County Genealogical Society presents a free program on "Church Records" by Jenny Warner at 10 am at the Fort Collins Senior Center (1200 Raintree Ave.). Jenny will provide the different church records that are available online with several examples. Please register for their hybrid meeting at www.lcgsco.org.

Tuesday/19

Veterans Affairs present a FREE Caregivers & Family Resource Fair at 9:30 am at the 115th Field Artillery/AGO Building, 5500 Bishop Blvd in Cheyenne. Over 30 vendors provide lots of educational materials for caregivers. The theme of this year's Resource Fair is Improving the health and well-being of caregivers who care for our nation's Veterans. Lots of free parking.

Wednesday/20

Veterans Affairs present a FREE Caregivers & Family Resource Fair at 9:30 am at the Timberline Church, East Auditorium, 2908 S Timberline Rd in Fort Collins. Over 30 vendors provide lots of educational materials for caregivers. The theme of this year's Resource Fair is Improving the health and well-being of caregivers who care for our nation's Veterans. Lots of free parking.

Friday/29

The Veteran Plaza of Northern Colorado presents their annual scramble golf tournament at Mariana Butte Golf Course in Loveland starting at 8 am. Lots of prizes for best teams. Register on their website at www.veteransplazenoco.org.

Check individual venues for current information

Calendar sponsored by:
Beyers Law

We Care

Elder Law Q & A

Can Nursing Homes Hold Family Members Responsible for a Resident's Care?



Will Beyers

If your loved one is entering a nursing home, you may worry whether you could be liable for their care. Under federal law, a facility cannot require a family member to co-sign an admission agreement and take on personal liability. However, nursing homes around the country still try to do so, and often these matters end up in court.

What can you do to prevent this from happening to you? It starts with educating yourself on what is and is not allowed.

The Federal Nursing Home Reform Law prohibits a nursing home or facility from requiring or asking for a financial guarantee from a third party. Federal regulations regarding Medicare and Medicaid have similar restrictions.

These laws and regulations state that a home cannot have a resident's family member or friend co-sign an admission agreement to take on financial liability. However, a nursing facility may attempt to obtain the signature of the resident's agent under their power of attorney, which could bring a different set of issues.

Review Before You Sign

If you are assisting a loved one with entering a nursing home, you should carefully review all the admission paperwork before you sign it. Many facilities have unscrupulous practices of using admission agreements that violate federal law

or regulations.

You do not have to sign or "volunteer" to sign a financial guarantee that makes you personally responsible. It is incorrect if a nursing home claims a guarantee is necessary because the federal law only applies to Medicaid-eligible individuals. Nursing homes are also not allowed to condition admitting or keeping a person on receipt of a third-party guarantee.

Today, the most common tactic used by nursing homes is an admission agreement that obligates the signor as an agent with supposed control over the resident's money. These agreements stipulate the agent will apply these resources to the nursing home expenses and apply for Medicaid on the

resident's behalf. Often, the person signing this document doesn't know how to handle this situation, does not have this control, or makes mistakes.

If you're serving as a resident's agent, it's wise to ensure that any documentation you sign on the resident's behalf indicates that you are signing as their agent, and not as your individual self.

For questions about navigating long-term care or any other elder law issues, contact your local elder law attorney.

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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**32 Years of Service Providing
Information for the 50+ Community**

Veterans Wellness Summit Is Beneficial for Veterans!

In August, the Larimer County Behavioral Health Services with the Larimer County Health Dept. partnered with the Veterans Affairs (VA) Healthcare System, Imagine Zero, and the Alliance for Suicide Prevention hosted an all-day wellness summit at the Lincoln Center in Fort Collins. Over 80 people attended the summit.

According to a Veterans Affairs 2022 report, the veteran suicide rate in Colorado was significantly higher than the national veteran and national general population suicide rate. Another national survey by the Centers for Disease Control and Prevention indicated many people feel ashamed of their living challenges and live with severe depression. The goal of the summit is to provide resources in support of veteran's wellbeing.

Ten educational classes at the summit were provided for veterans, caregivers, and service providers. Chris Aguilar with Larimer County gave the introduction and overview of the summit followed by a host of expert speakers on Firearm Safety Cultural Awareness, Partner Violence & Sexual Assault, VA Whole Health Care, Chronic Suicide, Veteran Maternal Health, Effectiveness of Role Playing for Isolated Veterans, Chaplain Services

for Veterans & Their Families, and Veteran's Writing and Wellbeing Program.

Lee Cooper, Larimer County Veterans Officer, and Marshall Spring, Marine Corps, and former police officer, indicated most veterans having traumatic and sleep disorders don't trust the VA on firearms control for fear of losing them. Their goal is teaching therapists about firearms and the cultural issues with veterans, which has proved to be positive for both the veterans and their therapists after teaching 16 classes for the therapists.

Daniel Mertz, Clinical Director for the VA, showed several videos of patients using holistic therapy with positive results using whole health methodology. Whole health includes various methods of treatment including hiking, fishing, music, and grandkids to support veterans with mental issues. The main goal is to find what matters to veterans and promotes wellbeing and preventive care by using the correct medical prescriptions, exercise, nutrition, relaxation, networking, proper sleep, having hobbies and using mindfulness relaxation techniques.

Lauren Northrup and Kim

Moeller, suicide prevention therapists, explained the suicide rate decreased by 5.5% for non-vets, while it increased 9.7% for vets between 2018 to 2020. VA's Operation SAVE program helped train therapists to prevent veteran suicides. Several examples were provided for the therapists on learning the signs and prevention techniques. Sadly, 71% of suicides are caused by firearms per a 2022 report. Thus, firearms safety is a major benefit for veterans and therapists.

Luca Lovoto, program facilitator, explained how facing your dragons by using role playing with small veteran groups. Only isolated veterans were used in this therapeutic exercise. The first round of results have been positive in helping veterans gain confidence and reduce their anxieties and depression.

Ross Atkinson, CSU PhD candidate, explained the merits of a veteran's writing program to promote veterans' wellbeing. Veterans are encouraged to write about a significant moment in their life, which helps support their overall wellbeing and reduce mental health problems.

Overall, the attendees felt the all-day summit was very beneficial for the mental health of veterans.

Dispelling Common Misconceptions About Hospice Care

(StatePoint) Hospice is intended to provide comfort and support to patients at the end of their life so that they can experience their remaining time in the best ways possible. Experts say that unfortunately, misconceptions about hospice often lead people to make uninformed decisions at a critical, complex juncture in their lives.

"There is often an idea that hospice equates to giving up. But hospice is actually about taking control," says Paul Mastrapa, president and chief executive officer of Interim HealthCare Inc. "It's the job of the hospice team to understand what a patient's goals for end-of-life care are, and help them live that last trajectory of their life the way they want to."

To help patients, their caregivers and family members, and those in the healthcare industry better understand the services and benefits hospice provides, Interim HealthCare is dispelling some of the most common misconceptions:

Myth: Hospice means giving up.

Fact: The primary goal of hospice is delivering comfort, support and specialized medical care to those ready to forgo curative treatment. Research has shown that a person who spends time on hospice has a greater quality of life at the end of their life. And while the goal is not to prolong life, there are statistics that show that hospice gives patients more time compared

to patients who had the same disease trajectory and didn't receive hospice.

Myth: Hospice is only appropriate for the last few days of life.

Fact: Hospice can actually last for months, and entering hospice sooner rather than later translates to fewer hospitalizations, better symptom relief and greater comfort.

Myth: You must give up all your medications.

Fact: While the hospice care team will make recommendations about which medications are still beneficial to a patient at their stage of illness, patients and families get the final say.

Myth: Hospice is a place.

Fact: Hospice can entail in-patient care, but more typically, services are delivered wherever a patient calls home. The nurse, social worker, spiritual care provider, aide and other members of the hospice care team meet the patient where they are, be that in a residential home, an assisted living community or in another institutional setting.

Myth: Hospice is only for patients with specific diseases.

Fact: Anyone with a life-limiting chronic disease, from congestive heart failure to pulmonary disease to Alzheimer's, can choose hospice.

Myth: Hospice ends when the patient dies.

Fact: Hospice providers often

offer support to those who have lost a loved one. In the case of Interim HealthCare, bereavement services are offered for 13 months.

Myth: Hospice work is draining.

Fact: When done right, hospice work can be extremely rewarding. Hospice care workers help patients and families find peace of mind, and reach a place of acceptance during a complicated and emotional time in their lives. Hospice workers believe in the mission of providing compassionate, patient-centric medical care and support to those at the end of their life, and they're given a voice in the individualized care they provide.

The hospice market is the second-fastest growing healthcare segment nationwide, according to Bank of America research, which translates to a growing number of job opportunities. Hospice providers are currently recruiting candidates just starting out in their career and those looking to make a change. To learn more, visit careers.interimhealthcare.com.

For more information about hospice care services for yourself or a family member, visit <https://www.interimhealthcare.com/services/hospice/>.

"Although people don't always feel comfortable talking about end-of-life care, having these conversations can ensure one's final days are peaceful and fulfilling," says Mastrapa.

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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.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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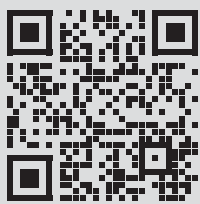
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Better Business Bureau BBB Scam Alert: Protect Yourself From “Check Washing”



Shelley Polansky

Check use may be declining, but check fraud is still a serious problem. Watch out for this scam, dubbed “check washing,” which involves stealing checks from mailboxes and then altering them.

How the scam works

You send a check in the mail as payment for a service or product. However, a few days or weeks later, you are contacted by the company you paid. They say they never received a payment. Then, you discover the check you sent has been cashed, either for the amount you wrote it for or for a much higher amount.

What happened?

Scammers use many techniques to intercept mail, sometimes directly from your or the post office’s big blue mailbox. Scammers have even been known to sneak into post office boxes with stolen keys.

Once scammers find an envelope containing a check, they use household chemicals to “wash off” the name and amount you wrote down, replacing it with a name

and dollar amount of their choice. Usually, they use fake identities to cash the check later on. And even if no one cashes your check, you are at a much higher risk of identity theft once it’s found its way into scammers’ hands.

How to avoid check-washing schemes

- Take advantage of electronic payment methods. That will eliminate the possibility of falling victim to check washing.

- If you must mail a check, take precautions. Drop it off at the post office using the lobby mail slot instead of leaving a check in the mailbox with the flag up.

- Put a hold on your mail. If you are going out of town, have your mail held at the post office until you return.

- Improve your mailbox security. Installing highly visible cameras near your mailbox and using a locked mailbox.

- Monitor your bank accounts carefully to ensure no one cashes a fraudulent check from your account. If you notice suspicious activity, notify your bank immediately.

- Always report check fraud.

If you think your check was intercepted in the mail, let your bank know right away.

Larimer County Office on Aging

Grand Families in Larimer County

Raising grandchildren is difficult, and more children are raised by their grandparents or next of kin than you might think. According to the U.S. Senate Special Committee on Aging, more than 2.7 million children in America are being raised by their grandparents or next of kin and 1 in 5 of those families lives in poverty. Inflation and rising cost of living contribute to financial hardship and grandparents or next of kin may face additional financial strain from their own health concerns or living on fixed income.



Dani DePas

The Larimer County Office on Aging is committed to finding and addressing unmet needs in our community. In July 2022, we launched a new program that provides respite vouchers to grandparents or next of kin who are age 55 and beyond and are the primary caregiver of a child 17 years old or younger. The Grand Family Respite Voucher reimburses caregivers for services such as house

cleaning and activities for the kids (daycare, after school programming, sports, etc.). This voucher offers a brief period of rest for grandparents or next of kin while supporting the family as a whole.

Over the last year, this new program has served over a dozen families in Larimer County with vouchers that helped enroll children in activities like dance lessons, horse camp, swim lessons, soccer, karate, tutoring sessions and mentorship programs. The vouchers also provided a well-deserved period of respite for grandparents and next of kin who care for those children.

The Grand Family Respite Voucher is offered through the Larimer County Office on Aging. Case managers are available Monday through Friday for free consultations. If you or someone you know is interested in learning more about this resource or other programs to support caregivers, please call (970) 498-7758 or email aging@larimer.org.

Information for the 50+ Community

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:



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9/17

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Social Security Today

Agency Adds to its Compassionate Allowances List

Kilolo Kijakazi, Acting Commissioner of Social Security, today announced 12 new Compassionate Allowances conditions: 1p36 Deletion Syndrome, Anaplastic Ependymoma, Calciphylaxis, Cholangiocarcinoma, FOXG1 Syndrome, Leber Congenital Amaurosis, Metastatic Endometrial Adenocarcinoma, Paraneoplastic Cerebellar Degeneration, Pineoblastoma – Childhood, Primary Omental Cancer, Sarcomatoid Carcinoma of the Lung – Stages II-IV, and Trisomy 9.

The Compassionate Allowances program quickly identifies claims where the applicant's medical condition or disease clearly meets Social Security's statutory standard for disability. Due to the severe nature of many of these conditions, these claims are often allowed based on medical confirmation of the diagnosis alone. To date, nearly 900,000 people with severe disabilities have been approved through this accelerated, policy-compliant disability process, which now includes a total of 278 conditions.

"The Social Security Administration remains committed to reducing barriers and ensuring people who are eligible for benefits receive them," said Acting Commissioner Kijakazi. "Our Compassionate Allowances program allows us to reinforce that commitment by expediting the disability application process for people with the most severe disabilities."

When a person applies for disability benefits, Social Security must obtain medical records in order to make an accurate determination. The agency incorporates leading technology to identify potential Compassionate Allowances cases and make quick decisions. Social Security's Health IT brings the speed and efficiency of electronic medical records to the disability determination process. With electronic records transmission, Social Security can quickly obtain a claimant's medical information, review it, and make a faster determination.

For more information about the program, including a list of all Compassionate Allowances conditions, please visit www.ssa.gov/compassionateallowances. To learn more about Social Security's Health IT program, please visit www.ssa.gov/hit. People may apply online for disability benefits by visiting www.ssa.gov. To create a my Social Security account, please visit www.ssa.gov/myaccount.

People may apply online for disability benefits by visiting www.ssa.gov.

To create a my Social Security account, please visit www.ssa.gov/myaccount.

People may apply online for disability benefits by visiting www.ssa.gov.

To create a my Social Security account, please visit www.ssa.gov/myaccount.

Reflections

The Once And Influential Cook



Martha Coffin Evans

Not long ago, friends endowed a program in honor of one special lady, Cleora. She was not just any person for whom a program should be named.

You see, Cleora, or Clee as some might have called her, demanded and received respect. This highly regarded woman was the cook in our sorority house.

In my grade school years, I walked by the Alpha Phi house on my way home. I would stop to catch a whiff of baked rolls or something wonderful coming from the kitchen vents. Fast forward, little did I know I would pledge that sorority and, she would still be holding forth in the kitchen.

Young men, looking for jobs as hashers, soon learned she was the best cook in the area. Cleora was tolerant of their youthful antics in sneaking the periodically-served Smuckers jam.

In my student teaching days, I

needed to leave the house before the regular breakfast time. I remember having buttered toast with her in The Kitchen. Cleora made a lasting impression on many of us. Our families and friends still make her dinner roll recipe.

The regard with which she was held could be seen when the local NAACP called her to intervene with a slovenly dressed entertainer trying to check into the "Harvey" (Harvest) House. Upon seeing this untidy fellow, she gave him a lacing down about his attire. It didn't matter to her that he was Chuck Berry!

I'm sure Cleora knew about her influence as my hasher-friend Jack dedicated his doctoral thesis to her. He and his wife are now paying her legacy forward through a dissertation award supporting students of color.

We never know where special people will enter our lives to help form us. I certainly hope we said Thank You!

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

Synergy Homecare News

Just recently, Torie Serrato was named the new Sales Executive. Torie has been in customer service for over 20 years and quite active professionally in senior living. Torie is a Colorado native. She and her husband have two beautiful daughters. The family enjoys boating, playing backyard games and family vacations.

As Synergy HomeCare of Fort Collins Sales Executive, Torie will be introducing and sharing all about the company's compassionate care no matter where a person calls home.

Their customized, comforting, and life-affirming care are sure to bring emotional and physical well-being to everyone in a home care experience.

For more information, Torie

may be reached at 970-792-2188. And Torie is looking forward to your call.



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Can you hear me now?

Cognition and Memory Series

Memory Exercises- Aural Rehabilitation (AR)

American Speech-Language-Hearing Association (ASHA) describes AR as “a person-centered approach to assessment and management of hearing loss that encourages the creation of a therapeutic environment conducive to a shared decision process which is necessary to explore and reduce the impact of hearing loss on communication, activities, and participations.”

In the past 3 months I have described many parts of our memory and how those systems work. One way to increase your memory is with Aural Rehabilitation (AR)-Brain Training exercises. Here are some examples of how I help patients. You will need a family member or friend to help with the exercises.

- 1- Repeat the sentence.
- 2- Remember the target word.
- 3- Remember a series of words.
- 4- 1-3 with the presence of background noise.

AR begins with a full case history, a comprehensive hearing evaluation with speech recognition and speech in noise testing, proper fitting of hearing devices which help give your brain proper speech signals which can reduce the cognitive load, and outcomes measured during AR. If you or



Susan Baker

someone you know is struggling to hear, understand conversations, or has memory issues, your first step is to call to make an appointment. Case Study: A 93-year-old patient and his wife have been using my program for almost a year. They both notice increased working and episodic memory. His PCP and neurologist are working with the medical component of mild cognitive impairment (MCI).

Here are some auditory listening programs that can be done at home on the computer.

Angel Sound: <http://angel-sound.tigerspeech.com>.

Customized Learning Exercises for Aural Rehab: <https://www.clearworks4ears.com>.

LACE (Listening and Communication Enhancement): Therapy for the Brain: <https://laceauditorytraining.com>.

Posit Science: Brain Fitness Program: [PositScience.com](https://positscience.com).

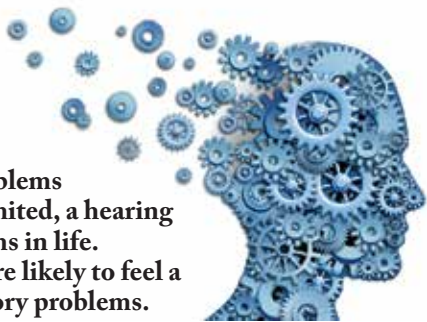
Susan Baker is the owner and operator of Advanced Hearing Services in Fort Collins. She has been helping people with hearing loss and Tinnitus for the past 23 years. Please call (970) 221-5249 for an appointment today.

Source: <https://www.asha.org/practice-portal/professional-issues/aural-rehabilitation-for-adults/>

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
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Happy Grandparents' Day

“Some of our greatest blessings call us grandma and grandpa” – Unknown

If nothing is going well, call your grandmother. Happy Grandparents Day!

You have shown me what it means to live a life of fun, kindness, and generosity. Happy Grandparents Day.

God couldn't be everywhere and so he made Grandparents.

“Grandfathers are just antique little boys.” – Unknown

“What bargain grandchildren are! I give them my loose change,

and they give me a million dollars' worth of pleasure.” – Gene Perret

I hope your day is filled with love and laughter, Happy Grandparents Day!

“One of the most powerful handclasps is that of a new grandbaby around the finger of a grandfather.” – Joy Hargrove

“A grandparent is old on the outside but young on the inside.” – Author Unknown

“A grandfather is someone with silver in his hair and gold in his heart.” – Anonymous

SAVE THE DATE!



Weld Senior SYMPOSIUM

Navigating Legal Issues & Area Resources

This is an **IN-PERSON** Event
Wednesday, October 4, 2023

Island Grove
425 N 15th Avenue • Greeley, CO 80631

For more information:
Please Call (970) 400-6950 • www.weldseniorsymposium.org



2023 TOPICS & SPEAKERS:

SESSION 1 | 9:30AM

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

SESSION 2 | 10:30AM

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

LUNCH | 11:30AM

SESSION 3 | 12:30PM

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

Say you saw it in 50 Plus Marketplace News



Senior Connection

Drake Center
802 W. Drake Road
Thursday, September 14th



SENIORS ON STAGE

- 10 am—Country Classics by Eddie Kendrick
- 11 am—Loveland Shimmy Mob Dance Team
- Noon—Big Time Music by Craig Nelson
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Genealogy Rocks!



Carol Darrow

September always marks the beginning of school for me even though my children are long past that milestone. September is the beginning of a busy year in genealogy and it's high time you considered how you want to proceed this year. If you're just beginning your family search, you may want to find a beginner class to get you off on the right foot. The Colorado Genealogical Society offers Genealogy 101 every month starting on September 9. You can register for this free Zoom class at cogensoc.us. If you are searching in a particular area of family research, such as immigration records or military records, you can check out the free ConferenceKeeper.org website that lists available Zoom classes held across the country. If you've hit a brick wall in your research, you may need to focus on a particular record group and some of its twists and turns. One exam-

ple is the "missing" 1890 U.S. census. It was compiled in 1890 but all copies were destroyed in a fire in 1921. You will need to use some workarounds to overcome this loss. State censuses taken in 1885 and 1895 may help you as well as the 1890 census of former Union soldiers receiving pensions. If you have collected lots of information, you may need to look into some organizational software such as Family Tree Maker, RootsMagic, or Legacy Family Tree. These software applications live on your own computer and give you control over developing your own family tree. If you are interested in saving your research in a story that you can pass on to your grandchildren, consider a writing group that will help you frame your story and tell it in an interesting way. One such group is WriteNOW, also available on the CGS website, cogensoc.us. Carol Cooke Darrow is a professional genealogist in Denver. She teaches Genealogy 101 and facilitates the WriteNOW family writing group.

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Colorado Gerontological Society

Aging In Place With Technology



Eileen Doherty

Denver, CO. Some embrace technology, others tolerate it, and still others hate it. While most of us can relate to these feelings whether it is the cell phone that is overly confusing, the television that won't shut off with just the click of a button, or an electric scooter that helps us do our own grocery shopping.

Sometimes technology is just convenient, but other times it allows us to live longer independently. A home that is equipped with security cameras allows someone to receive notifications when you go in and out of the house. The smart watch allows someone to send notifications when it is time to take your medications or for emergency assistance to be called if you fall and can't get up without help.

Technology is beneficial in the kitchen. A coffee pot can be set to turn off in two hours if no one has used any coffee to prevent a fire. A smart stove can be turned on and off remotely, again allowing someone to check if the stove was turned off after cooking.

Yard work can be extremely diffi-

cult for many older adults. Laying a sprinkler system with a remote control can allow you to water your lawn by using the phone app. A phone app can change the temperature in your house if getting out of a chair is difficult. Other apps can turn the lights off safely after you are in bed, rather than having to find your way to bed with a night light and risking a fall.

Technology is one of the keys to helping you stay in your home longer. Embrace it and use it. If you have questions, 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.

Find Einstein



Can you find the hidden Einstein in this paper?

Technology is Hip!

3D Printed Bones Replaces Worn Body Parts



Bob Larson

In the U.S., orthopedic surgeons replace 2.2 million shoulders, hips, and knee joints annually using titanium parts, which are expensive and sometimes cumbersome during surgery. A recent Science World TV program showed a Northwestern University research team led by Professor Ramille N. Shah since 2016 has developed a 3D printable synthetic bone implant that rapidly induces bone regeneration and growth. This hyperelastic synthetic bone material, the shape of which can be easily customized, one day could be especially useful for the treatment of bone defects in children or bone replacement parts in adults.

The 3D printed biomaterial is a mix of hydroxyapatite (a calcium mineral found naturally in human bone) and a biocompatible, biodegradable polymer that is used in many medical applications.

One of the biggest advantages is the end product can be customized

to the patient. In traditional bone transplant surgeries, the bone after it's taken from another part of the body has to be shaped and molded to exactly fit the area where it is needed. Using Shah's synthetic material, physicians would be able to scan the patient's body and 3D print a personalized product. Alternatively, due to its mechanical properties, the biomaterial also can be easily trimmed and cut to size and shape during a procedure. Not only is this faster, but also less painful compared to using autograft material. Orthopedic surgeons have been patiently waiting for this new technology.

More recently, researchers from Northwestern University and the University of Illinois at Chicago have used 3D printed hyperelastic bone to regenerate skull defects in rats. The results could eventually lead to the development of a much needed cost-effective solution for craniofacial bone grafts.

This is another great use of technology for replacing defective or worn bone parts.

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

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Pets Are Family

As the kids and grandkids head back to school, our routines inevitably change, and sudden change can be difficult for our pets, regardless of species or age. We can prepare for this change by transitioning into the new routine ahead of time. Set new bedtimes, mealtimes, and exercise routines a couple of weeks in advance to help ease your pet into the change of schedule. It's also important, however, to maintain consistency where applicable.

If your young loved one has a new backpack, picks up a new instrument, or has new sports equipment, start to make positive associations with those as soon as possible, as new items can be a source of curiosity or fear. Set out the new item and give praise, treats, or other rewards as your pet comes into contact with it. If the new tuba means treats are coming, it won't be as scary when the chil-

dren are tooting away.

When our pets are bored, they may display unwanted behaviors such as digging, chewing, scratching, barking, or pesky bathroom habits. Providing healthy outlets for these behaviors helps to fill that natural need, while keeping your house and pet safe. Provide your pet with a variety of toys, opportunities for species specific play, and comfy furniture, especially when you and your children are out of the house all day.

Keep homework and project supplies out of reach. With art supplies, the Art and Creative Materials Institute (AMCI) labels products as AP (Approved Product) or CL (Cautionary Label). Use these labels as guides to avoid accidental ingestion.

We hope that your pets and children enjoy the 23/24 school year! If you need assistance with your pets' behavior, whether school-year related or not, feel free to contact our Behavior and Enrichment Team at 970.226.3647 ext. 5130, or email behaviorhelp@larimerhumane.org.



Workforce Symposium Navigates Evolving Business Landscape

The 2023 Workforce Symposium, a yearly event created through a partnership by the Employment Services of Weld County (ESWC) and Larimer County Economic and Workforce Development, will be held on Tuesday, September 26, at the Aims Community College Welcome Center in Greeley from 7:30 a.m. – 2:30 p.m.

The Workforce Symposium is targeted primarily to business owners, managers and decision makers, human resources workers and other professionals who are interested in learning valuable insights and strategic perspectives that can help navigate the ever-changing business landscape. Among the listed benefits of attending the Symposium are interactive panel discussions, networking opportunities and access to cutting-edge resources.

A variety of session topics will be covered over the course of the event including changes in HR legislation and the use of A.I. in the workplace. Experts and professionals in each of these topics will speak and lead discussions. This year's keynote speaker is Dr. Erika Michalski, the founder of consulting company Strategically Authentic, whose work is dedicated to helping people "leverage who they are to get where they want to be."

Lunch, coffee and snacks, and other networking opportunities are scheduled throughout.

Tickets are on sale now and can be purchased by visiting <https://www.eventbrite.com/e/2023-workforce-symposium-tickets-661388098607>. For more information on the ESWC, please visit <https://www.weld.gov/Government/Departments/Hu->

man-Services/Employment-Services.

Contact: Jennifer Finch, 970-336-7203

Other Speakers:



Dain Johnson

"One-on-One Meetings: A Powerful Tool for Growing Your Organization"



Kyle Majchrowski & Christine Sosnowski

"Trust in the Hybrid Working World"



Doug Rhoda, Desiree Rich, Sandra Jackam & Andy Yost

"The Case for Building an In-House Internship Program"

Larimer County Celebrates 30th Annual National Public Lands Day

Larimer County Department of Natural Resources (LCDNR) invites the community to join us in September as we celebrate 30 years of National Public Lands Day, all month! With the community's help, LCDNR has conserved over 56,000 acres of land and manages nearly 100 miles of trails, which make Larimer County extra special. To celebrate our public lands' positive benefit, guided hikes for all ages, a class about connecting to nature through observation and art, and skygazing at Hermit Park Open Space will be offered.

We'll also be hosting a zoom Q&A session about volunteering with LCDNR, so if you've ever wanted to be a camp host, or volunteer ranger assistant, or become a volunteer naturalist and teach others about our amazing open spaces, sign up and get your questions answered.

In addition, three volunteer projects will be hosted September 21-23 to mark National Public Lands Day, which is officially on September 23. Activities include fence removal for wildlife safety at Horsetooth Mountain Open Space, trail maintenance project at Horsetooth Reservoir, and a litter cleanup at Carter Lake. While all events are free, registration is required at fero.larimer.org/calendar.

Larimer County Department of Natural Resources' mission is to connect people, nature, and place. Since 1954, Larimer County has acquired and conserved a vast network of public and private lands. Today, thirteen public properties are available for recreational access and enjoyment, and over 56,000 acres of land within its boundaries have been conserved. For more information, visit larimer.gov/naturalresources

VA Sponsors Local Veterans Art Festival

In August, the Veterans Outpatient Clinic in Loveland sponsored a local competition for the National Veterans Creative Arts Festival. Over 50 entries by different artists across Northern Colorado and Southern Wyoming entered the arts contest. This contest is for veterans who have showcased their artistic works throughout the area. Finalists can enter the national finals to be held in Denver, CO in

April 2024. Multiple contest categories included different varieties of art including watercolors, oils, sculptures, creative writing, dance, music, and drama.

Several finalists included Army veteran Jerry Wood from Saratoga, Wyoming with his alabaster sculpture on "Course Correction" as shown here. Jerry has been creating art since 1979.

Another finalist is Army veteran Ruth Kachstaetter, who lives in Loveland, won first prize for her oil painting of "Sapper" of a German Shorthair Pointer as shown below. Ruth had been a firearms instructor in the Army and learned to paint since age six. The dog's owner and retired Army veteran Steve Walls asked Ruth to paint his beloved pointer several years ago, not knowing her painting would win first prize in this local competition. Interestingly, Sapper has won awards in several hunting dog contests too.

Congratulations to these award winners and the other local winners for their artistic displays!



Veteran and Artist Jerry Wood



Army Veteran Steve Walls with Sapper and Army Veteran & Artist Ruth Kachstaetter

Labor Day Quotes

Maya Angelou

"Nothing will work unless you do."

Margaret Mead

"I learned the value of hard work by working hard."

Babe Ruth

"It's hard to beat a person who never gives up."

Ralph Waldo Emerson

"Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it."

Theodore Roosevelt

"It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things."

Pearl S. Buck

"To find joy in work is to find the fountain of youth."

Mark Twain

Thunder is good, thunder is impressive; but it is the lightning that does the work.

Thomas Edison

Genius is 1% inspiration and 99% perspiration.

Vince Lombardi

The only place success comes before work is in the dictionary.

Henry Ford

There is joy in work. There is no happiness except in the realization that we have accomplished something.

Abraham Lincoln

Don't worry when you are not recognized, but strive to be worthy of recognition.

Prioritizing Your Health Now That the Public Health Emergency is Over

(StatePoint) With the national COVID-19 Public Health Emergency officially over, medical experts say it's time to address the health challenges that may have been neglected during -- or created by -- the pandemic.

"Making time for you and your family's preventive medical care and investing in your mental health is essential right now," says Jack Resneck Jr, MD, president of the American Medical Association (AMA). "As you settle into old routines or find new ones, you may be feeling overwhelmed, anxious, afraid or depressed. Give yourself permission to express these emotions, while taking steps to get needed care."

For better health and wellness, the AMA offers these tips:

1. **Stay connected:** According to the U.S. Surgeon General, the health consequences of isolation include a 29% increased risk of heart disease, a 32% increased risk of stroke, and a 50% increased risk of developing dementia for older adults. Spending time with loved ones, friends or community groups can quickly have a positive impact on mental and physical health.

2. **Practice self-care:** Getting regular exercise, practicing gratitude and getting enough sleep are all forms of self-care that can improve mental health. Check out the National Institute of Mental Health's

resources, which include ideas for better understanding what causes your symptoms and what coping techniques might help you manage your mental health.

3. **Know the signs:** Feelings of hopelessness or irritability, loss of interest in hobbies and activities, and decreased energy or appetite can all be signs of depression. If you are experiencing signs of a mental health condition, speak to your primary care physician or a psychiatrist. Be aware of the 988 Suicide & Crisis Lifeline, a national hotline available 24/7. Anyone experiencing a suicidal, substance use or mental health crisis can call or text 988 to speak to trained crisis counselors.

4. **Get screened:** It's estimated that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. If you're due for preventive care, tests or screenings, make an appointment.

5. **Don't wait:** An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their ability to work or perform other daily activ-



ities. Whether you have a chronic health condition or not, don't wait until something is wrong before seeing a doctor. If something does feel off, schedule an appointment as soon as possible.

6. **Get vaccinated:** Adolescents and adult immunizations sharply declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019. Make sure your family is up-to-date on vaccines, including the annual influenza vaccine and the bivalent COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, consult your physician and trusted resources, including getvaccineanswers.org.

7. **Know your numbers:** Track health data such as height, weight, body mass index and blood pressure in order to share trends with your doctor and take action if needed. Visit ManageYourBP.org to understand what your blood

pressure numbers mean and how to get your blood pressure under control. High blood pressure, also known as hypertension, affects millions of Americans and can increase heart attack and stroke risk.

For more tips and information, visit <http://www.ama-assn.org>.

"It's vitally important to prioritize mental and physical health. Contact your health care professional to schedule the care you need to keep you and your family healthy," says Dr. Resneck.

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Ageism Matters

Ageism Awareness Day October 7

Ageism Awareness Day provides an opportunity to draw attention to the existence and impact of ageism in our society. Ageism is a globally widespread and socially accepted form of prejudice. It can be found everywhere, from our workplaces and health systems to stereotypes we see on TV, advertising and in the media. It affects people of any age and harms all.


Of course, ageism is both unfair and inaccurate, and it also does real damage to our individual health and financial security, as well as taking a toll on our economy. Ageism decreases quality of life, increases our risks for health conditions and dementia, and can shorten life spans by up to 7.5 years. It adds millions in extra health care costs and leads to lost income from age discrimination in the workforce.

But, we can do something about it and that is what Ageism Awareness

Day is all about. Changing the Narrative is part of a worldwide effort and we are calling upon everyone to take part. This can range from reading a book or watching a video about ageism, choosing to send an age-positive birthday card, attending an event, or stepping up to be a leader in your circles.

Learn more about what you can do in our blog at <https://www.changingthenarrativeco.org/blog> and from The American Society on Aging's Ageism Awareness Day free online toolkit at <https://www.asaging.org/ageism-awareness>

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

Kate Perrill Wins 45th Judge Conrad L. Ball Award

Kate Perrill has been selected as the 45th Judge Conrad L. Ball Award recipient. Perrill has been the Victim Witness Division Manager for the Larimer County District Attorney's Victim Witness Division, since 2017. She began work with the DA's Office as a Victim Advocate and was promoted to manager of that unit in 2018, supervising between 12 to 13 employees in the last five years. Perrill began her career with Larimer County in 2010 with Larimer County Human Services.



Kate Perrill

the statutory requirements of the Colorado Victim Rights Act. The act directs the DA's Office to ensure that victims of crime in our community are treated with fairness, dignity, and respect. Perrill's team serves about 6,500 victims each year to ensure they are informed and connected to resources in our community and have needed support as they traverse through the frightening and unfamiliar environment in the criminal justice system.

Perrill's current team consists of seven Victim's Wellness Specialists who are responsible for a variety of duties, the most important of those ensuring D.A.'s Office adheres to

Other nominees for the 2023 Conrad L. Ball Award were April Tracy, of AIIM, and Amanda Duhon, Chief Deputy District Attorney. Congratulations to Kate for her award!

Veterans Echoes

Rodeo Honors Veterans And First Responders



Brad Hoopes

What happens when you combine rodeo, Veterans and First Responders? You get an arena full of salt of the earth people.

The rodeo itself is already a delicious cake. The skill level and athleticism of the participants in the various events is truly incredible. Nothing but deep respect for anyone who climbs on a horse or bull. Respect as well for the agricultural community that they represent. By showing respect to our Veterans and First Responders, planners spread a sweet frosting over this cake.

After the National Anthem was beautifully sung, a carriage carrying the Loveland Veterans Plaza committee, committed to building a site to honor Loveland's veterans, circled the arena. Further along in the program, the spotlight was on to honor three WWII veterans.

Their pictures were up on the jumbo screen as their stories were told. A roaring applause filled the arena. The veterans honored were Ken Calkins (96), George Norton (98), and Bill Powell (102). Ken was an aviation mechanic on B-25 bombers. He and his lovely wife Barbara celebrated their 73rd anniversary this night! George served in the Navy as a gunner. He would receive the Purple Heart and go on to serve our country for 30 years. Bill was a B-24 pilot who held his damage plane until his crew could bail out. He then bailed and became a POW.

A huge shoutout to the rodeo committee for putting together a great evening and to Greeley Hat Works for making custom hats for the three veterans.

Brad Hoopes has a passionate project of preserving veteran stories. You can watch these video interviews: www.Youtube.com/@rememberand-honorstories

50 Plus Marketplace NEWS

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Iguanas And Snakes

You can imagine the shock Crystal Collins of Hollywood, FL had when her husband discovered an iguana in a toilet bowl in their home recently. "We both looked at each other like what are we going to do. I joked about burning the house down. Neither of us do lizards." They wound up calling a friend to come over and help get rid of the creature. Meanwhile, in

Tucson, AZ, Michelle Lespron had a similar shock when she returned from vacation; she lifted the lid of her toilet and found a black and pink coachwhip snake. "I slammed the lid back down right away when I saw it," she told reporters. Michelle wasted no time in contacting a snake wrangler who explained that coachwhip snakes aren't poisonous but can get aggressive.



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Law Day for Older Adults Provided Lots of Beneficial Information!

Colorado Legal Services with Senior Access Points of Larimer County and Poudre Libraries hosted a half day of classes on elder law issues at the Fort Collins Senior Center in August. Magistrate Kandace Majoros welcomed the audience with introductions followed by several elder law classes.

Local attorney Kristine Callahan presented the first class on Estate Planning. Kristine explained that all seniors should consider having a will and several other important documents such as a Power of Attorney, Medical Power of Attorney, and possibly a trust, if certain conditions are met. Check with an elder law attorney for help with these documents.



Attorney Jacqueline Zipser
& Dr. Mike Towbin

Local attorney Jacqueline Zipser discussed the different powers of attorneys available to seniors. Local medical doctor Mike Towbin discussed the different medical directives including the new Med-

ical Orders for Scope of Treatment (MOST) which covers most Powers of Attorney, Do Not Resuscitate Order, and limited Living Will info. He also covered a new Dementia Order for patients with memory issues. However, you should always consider completing these three documents: Living Will, MOST, and Medical Power of Attorney. An elder law attorney or the Aspen Club (part of UC Health) can help complete these forms at their offices in Fort Collins, Loveland, or Greeley.



Attorney Joan Woodbury

Local managing attorney for Colorado Legal Services Joan Woodbury discussed debt collection issues affecting seniors on credit cards, loans, or other types of debt. Colorado Bureau of Investigation (CBI) agent Ralph Gagliardi discussed the various scams and frauds occurring in Colorado.

These include the more popular scams involving seniors such as Phishing, Ransomware, Malware, Romance, Work from Home, Grandparent, and Tech Support scams.

Technology has changed very rapidly, and criminals take advantage of seniors using the latest technologies such as spoofing email or telephone calls with fake identities.



CBI Agent Ralph Gagliardi

Fraud prevention techniques include 1) updating your computer software with the latest updates and patches for higher security, 2) using strong passwords to protect your financial accounts, 3) never click on links in unknown sender emails, 4) verify the sender's ad-

dress in any email, 5) disregard any unknown email sender or caller including those pesky telemarketing calls, 6) watch for fraudulent emails containing bad grammar or spelling mistakes with urgent requests to respond ASAP, 7) never reply to suspected scam emails, 8) use two factor authentication with usually six digit codes for higher security, especially for your financial or private accounts, 9) use virus protection software as both Windows and Apple offer these for free, and 10) never use public Wi-Fi Internet connection for your any private or financial websites.

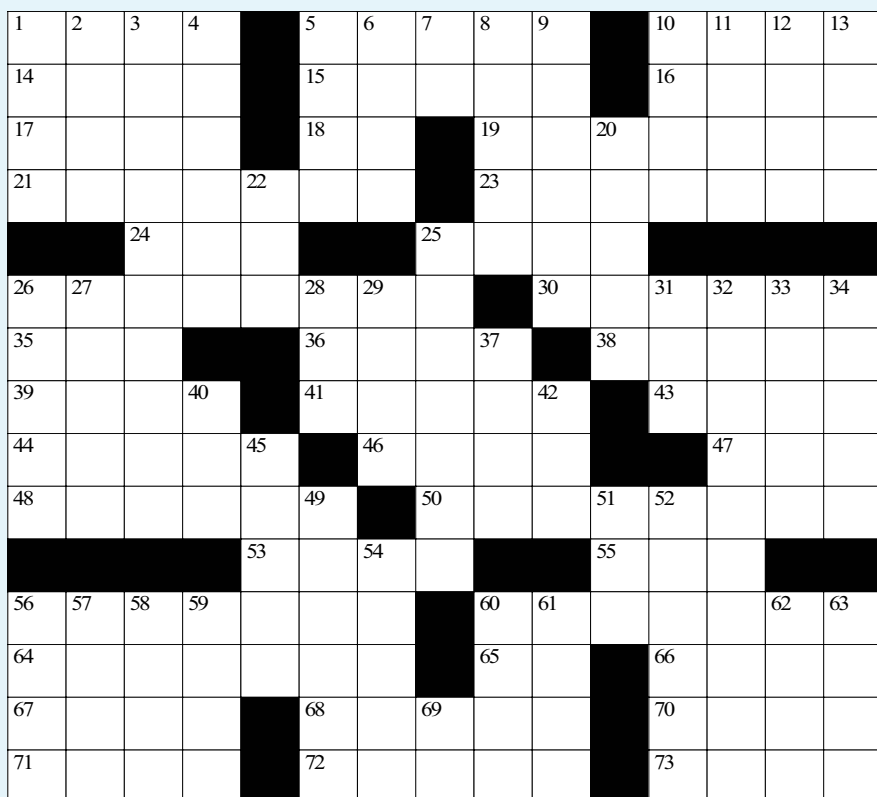
Other classes included Medicaid Long Term Care issues provided by local attorney Kate Kaiser, and Grandparents' Rights provided by local attorney Kara Clark. Samantha Walsh gave the closing remarks.

Overall, the Larimer Law Day for Older Adults had lots of beneficial information that included a tote bag for the attendees with Larimer County's Answers on Aging Resource Guide and Colorado's 470-page Senior Law Handbook, which covered many other elder law topics. Thanks to the hosts for presenting this beneficial elder law event!

32 Years of Service Providing
Information for the 50+ Community

50 Plus Marketplace News Crossword Puzzle

September 2023
Answers page 7



ACROSS

- 1 Heroic
- 5 Gentle splash
- 10 Weapons
- 14 Large almost tailless rodent
- 15 Supple
- 16 Sweetheart
- 17 Image
- 18 Part of the verb "to be"
- 19 Brassard
- 21 Variety of rummy
- 23 Pad worn to protect the knee
- 24 Lyric poem
- 25 Money
- 26 Skin tumor
- 30 Experts
- 35 Period of history
- 36 Gap

DOWN

- 70 person that uses
- 71 Sandy tract
- 72 Captures
- 73 Transmit
- 1 Heroic
- 2 Large almost tailless rodent
- 3 Adoration of icons
- 4 Nation in N North America
- 5 Plot of ground
- 6 Capital of Peru
- 7 Near to
- 8 Military cap
- 9 Rupture
- 10 French clergyman
- 11 Harvest
- 12 Supernatural force
- 13 Floating vegetable matter
- 20 Repairs
- 22 Monetary unit of Japan
- 25 Pertaining to heat
- 26 Altar stone
- 27 Upright
- 28 Unit of electrical resistance
- 29 Emotional state
- 31 7th letter of the Greek alphabet
- 32 Inhabitant of Portugal
- 33 Tester
- 34 Glide along smoothly
- 37 Paradise
- 40 Plant juice
- 42 Affirmative reply
- 45 Lesser
- 49 Admonition
- 51 Antiquity
- 52 Phoenician of Greek myth
- 54 Cylindrical larva
- 56 Chilled
- 57 Method
- 58 Scheme
- 59 Capital of Italy
- 60 Cabbagelike plant
- 61 Egyptian goddess of fertility
- 62 Type of gun
- 63 Drove
- 69 Satisfactory
- 38 Wading bird
- 39 Devices for fishing
- 41 Given to moods
- 43 Melody
- 44 Go away
- 46 Endure
- 47 9th letter of the Hebrew alphabet
- 48 Abnormal
- 50 Not safe
- 53 Narcotics agent
- 55 Fall behind
- 56 Make better
- 60 Blessing
- 64 Influenced
- 65 Similar to
- 66 Allot
- 67 Yellow cheese coated with red wax
- 68 Garlic-flavored mayonnaise

Go Figure

It is estimated that hundreds of millions of online buyers make purchases via Amazon. Cindy Smith of Prince William County, VA is one of them, as is Liz Geltman of Washington, D.C. That's not the only thing they have in common. Back in May Ms. Geltman reported that she received some 80 unsolicited packages of goods from the online "super" market over a period of time. More recently, Ms. Smith received more than 100 boxes containing a variety of products ranging from glue guns to binoculars. She, too, did not order the goodies she received. Believe it or not, according to the UPI news service: "Amazon officials said they looked into both incidents, and discovered both Smith and Geltman's packages were the result of vendors having packages shipped to random addresses in order to remove unsold merchandise from Amazon fulfillment centers."

