

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



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

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Fort Collins Mayor Jeni Arndt To Serve On Regional Executive Committee

After an eight-month democratic election process, Local Governments for Sustainability (ICLEI) elected Fort Collins Mayor Jeni Arndt to serve on its Regional Executive Committee (RexCom) for North America.

A global network working with more than 2,500 local and regional governments committed to sustainable urban development, ICLEI's member cities, towns and counties in the United States elected Arndt as one of three U.S. mayors to serve a three-year term. The committee will define ICLEI's strategy for the North America Region. These U.S. mayors

serve alongside two local leaders from Canada. The nine ICLEI RexComs across the globe collectively form the ICLEI Council, representing local governments striving for climate neutrality worldwide.

Additionally, members of the RexCom appointed Arndt as the representative from North America on the ICLEI Global Executive Committee (GexCom). The GexCom represents ICLEI toward international institutions and has the authority make strategic decisions concerning the organization.

"As a committed leader for sustainability, I bring Colorado's pragmatism and a global

perspective to my role on the Regional Executive Committee, as we help advance the vision of ICLEI member communities," said Arndt. "And it is an honor and privilege to be chosen by my peers to represent the North American Region on the ICLEI Global Executive Committee."

The Fort Collins community and its City Council have been leaders for local climate action for more than two decades by setting aggressive emission reduction targets and declaring a climate emergency to move towards Our Climate Future. Adopted in 2021, Our Climate Future is a framework for action for everyone in Fort Collins,

with both vision and strategy to support a thriving sustainable future and a deep commitment to equity and community resilience.



Mayor Jeni Arndt

Loveland Appoints Acting City Manager

Deputy City Manager Rod Wensing was named acting city manager for the City of Loveland with a 9-0 City Council vote during the Jan. 23, 2024 Special Meeting. Wensing will step into the role at 4:30 p.m. on Feb. 2 and serve until a permanent city manager is selected.

"I look forward to serving this council, serving the Loveland community and supporting my teammates across the city, all 1,000 of us," said Wensing. "I am honored to step into this important role for our organization and community during this critical time."

Wensing's appointment comes one week after Loveland City Council accepted the resignation of City Manager Steve Adams, who will depart on Feb. 2. Wensing and Adams will collaborate

to ensure a smooth transition.

Wensing has more than 35 years of experience in local government and has served as deputy city manager in Loveland for 16 years. As an executive in the City Manager's Office, he collaborates with the city manager and focuses on City operations. He also oversees the Community Partnership division and six key departments: Public Works, Development Services, Loveland Public Library, Information & Technology, Cultural Services, and Parks & Recreation. Throughout his tenure, Wensing has stepped into the acting city manager role for months at a time during City transitions and as needed.

Wensing holds a master's degree in public administration from the University of Colorado and a bachelor's

degree in public administration from Minnesota State University - Mankato. He is active with the Colorado Municipal League and has served as the past president of the Colorado City/County Management Association.

The City Council also expressed interest in conducting a national search for a permanent city manager. A national search could take up to 10 months to complete.



City Manager Rod Wensing

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APRIL Calendar

Monday/15

IRS tax returns are due by midnight, otherwise you may have to file an extension with the IRS to prevent any penalties.

Saturday/20

Larimer County Genealogical Society presents a free program on "From Scotland to Fort Collins: Beginning of A Sheep Industry" by Linda Johnson at 10 am at the Fort Collins Senior Center and on Zoom.. Linda will tell about her ancestors moving from Scotland to Fort Collins and starting a sheep ranch. Please register online at www.lcgsc.org.

The Global Village Museum in Fort Collins presents a paid program on "Celebration of Ecotourism and Program on Wildlife and Outdoor Adventures" In a salute to Earth Day in April, the Global Village Museum will highlight ecotourism from 11 am to 5 pm in the Museum's program room. From 5:30-7 pm, Paul Brown and Julie Sivertson, the owners and operators of Gather Away, will describe the spectacular scenery, incredible wildlife, and outdoor adventures in Jackson Hole, Wyoming, and the greater Yellowstone ecosystem. Tickets are \$10 per person. Registration is required at globalvillagemuseum.org. Wine and refreshments will be served.

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:

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We Care

It's Time to Get Your COVID-19 Booster Shot!

It's spring, the season for sweet strawberries, colorful tulips, crisp vegetables, and a COVID-19 booster shot. Health experts with the U.S. Centers for Disease Control and Prevention (CDC) recently recommended an extra dose of the 2023-2024 COVID-19 vaccine for all people in the U.S. ages 65 and older.

Why? Simple. Hospitalizations and COVID-19 death rates for people who are 65 and older have been significantly higher than COVID deaths and hospitalizations among younger people over the last several months, and vaccine effectiveness is waning over time.

Health experts want to give extra protection to older people, so a committee of medical advisers to the CDC in February recommended a spring COVID-19 booster shot for everyone who is 65 and older. In addition, people who are immunocompromised also have been eligible for extra doses of the COVID-19 vaccine, said Dr. Michelle Barron, who is also a professor at the University of Colorado School of Medicine on the Anschutz Medical Campus.

At this stage of the COVID-19 pandemic, older adults are having a tougher time when they get a bad case of COVID-19. That's not surprising because immune systems in older people aren't as strong as they are in the young,

aside from younger people who are immunocompromised.

Here are some reasons why medical advisers to the CDC recommended a spring COVID-19 booster shot. More than half of people who had to be hospitalized for COVID-19 between October and December of 2023 were older than age 65, according to CDC researchers.

As people get older, the risk of dying from COVID-19 continues to rise. People ages 75 and older were much more likely to die if they contracted COVID-19 than people who were sick with COVID-19 and were 65 to 74 years old.

Fewer people of all ages have been getting the newest COVID-19 vaccines. Among people of all ages, only about 22% of U.S. adults have gotten the 2023-2024 COVID-19 vaccine, which was reformulated last year to better protect against the newest variants. Older adults have been more likely to get the newest vaccine, with about 43% of people ages 75 and older having received the newest shot, according to CDC data.

Vaccine effectiveness wanes over time, so especially for vulnerable people, it's great to give the immune system a boost in combating COVID-19 infections. "You'll want to wait at least four months since the last time you had a COVID-19 vaccine," Barron said. If you've recently gotten sick

with COVID-19, you should wait about three months.

Don't wait for the fall vaccine. Unless you've recently been sick with COVID-19, you should not wait to get a spring booster dose. If you are 65 or older, or you are immunocompromised, you should go ahead and get a booster of the 2023-2024 COVID-19 vaccine now.

Anyone who gets a booster this spring will also be eligible to get a dose of the newest COVID-19 vaccine this fall. If you're sick, stay home. If you have symptoms of an illness, don't expose others, especially vulnerable people.

Barron's bottom-line advice to her older patients and relatives is quite simple: get your spring booster dose of the COVID-19 vaccine. And, no matter your age, if you never got a 2023-2024 COVID-19 vaccine, you can still get vaccinated.

And even though vaccine effectiveness wanes over time, Barron said it's still tremendously helpful to get COVID-19 vaccines and booster shots because they significantly reduce deaths and hospitalizations. Courtesy of UCHealth.



Governor Polis Reveals Strong Economy in the Future

In March, the Governor's Office of State Planning and Budget released its quarterly economic forecast which showed Colorado's continued economic growth. "Colorado continues to lead the nation with strong economic growth and unemployment below the national average. Our focus on continuing to strengthen our workforce and saving Coloradans money on housing, education, healthcare, and more will drive an even more dynamic economy while protecting our reserves and the financial strength of the state," said Governor Polis.

OSPB has revised up its economic growth expectations from the December forecast due to elevated

consumption in the fourth quarter of 2023. Real disposable income is positive and outpacing pre-pandemic growth as inflation is resetting more quickly. The economy is expected to avoid a contraction as consumer demand holds firm, in large part due to services spending and increased investments as the Federal Reserve begins to cut rates.

In FY 2023-24, as a result of General Fund growth expectations and Colorado's strong economy, TABOR refunds are expected to total \$1,994.8 million, a \$343.5 million upward revision from December. General Fund revenue is revised up \$308.9 million in FY 2023-24, largely a result of stronger than anticipated corporate income

revenue, with smaller upward revisions in individual income, insurance, and interest income. General Fund revenue is expected to grow 5.8 percent to \$19.1 billion in FY 2025-26 due to stable growth in income and sales revenue as the economy grows at potential GDP.



Growing Old

It took a while, but Fred Allen Smalls finally got his diploma from the Georgetown County High School in the town of Planterville. He missed graduation when he moved to Washington, DC to help support his family. Born on February 5, 1918, he re-

cently turned 106 years of age and he is still going strong. Tamara Baker, a professor at the University of North Carolina at Chapel Hill School of Medicine, told NBC News that "it's the positive social networks — the ones that are going to influence you, or get

behind you to go to the doctor, to do the exercise, to eating properly. Even in some of the more impoverished neighborhoods, if you have that positive social network, that can go a long way."

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DEADLINE

10th of the Preceding Month

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

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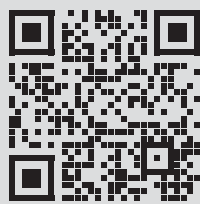
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Can you hear me now?

The Facts of Hearing Loss



Susan Baker

According to the Better Hearing Institute, studies have linked untreated hearing loss to:

- irritability, negativism and anger
- fatigue, tension, stress and depression
- avoidance or withdrawal from social situations
- social rejection, impaired memory and loneliness
- reduced alertness and increased risk to personal safety
- ability to learn new tasks
- reduced job performance and earning power
- diminished psychological and overall health

The Myths of Hearing Loss

Hearing loss affects only “old people” and is merely a sign of aging

Actually, the prevalence of hearing loss is the reverse of what most people think. The majority (65%) of people with hearing loss are younger than age 65. There are more than six million people in the U.S. between the ages of 18 and 44 with hearing loss, and nearly one and a half million are school age. Hearing loss affects

all age groups. What I see is a patient’s cognitive health ages when hearing loss is present and treatment is delayed. A patient’s brain must work hard make sense of the environment, and it wears out.

Treatment with hearing devices helps keep you cognitively healthy.

If I had a hearing loss, my family doctor would have told me

Not true! Only 13% of physicians routinely screen for hearing

loss during a physical. Without special training and an understanding of the nature of hearing loss, it may be difficult for your doctor to even realize you have a hearing problem. So you can see, true measures of hearing loss prevalence can be a difficult thing to determine.

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 24 years. Please call (970) 221-5249 for an appointment today.

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Susan D Baker, BC-HIS

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Act Locally During Global Volunteer Month

(StatePoint) April is Global Volunteer Month, a time to celebrate volunteers and inspire volunteerism in communities large and small.

Volunteerism is on the decline, according to research from AmeriCorps and the U.S. Census Bureau. And what’s more, Points of Light, a global nonprofit dedicated to inspiring, equipping and mobilizing people to take action that changes the world, shared that 73% of people believe that volunteering is more important than ever, yet 66% think they can’t make a big impact in their communities. During Global Volunteer Month, advocates are trying to change that perception at the local level.

“Volunteers are crucial to solving pressing challenges, creating vibrant communities and strengthening our social fabric,” said Jennifer Sirangelo, president and CEO of Points of Light. “Every person has something to share or give.”

To boost volunteer engagement during Global Volunteer Month, Points of Light is sharing the following ways you and your family can make a positive impact in your neighborhood or town:

Spread the word: Use the Global Volunteer Month toolkit, along with the hashtag #GlobalVolunteerMonth to thank volunteers. Be sure to tag a volunteer whose impact you appreciate.

Take the pledge: To show your commitment to volunteering, take Points of Light’s pledge. Then, discover ways to get involved that support your favorite cause and availability using Points of Light Engage, a database featuring hundreds of thousands of volunteer opportunities worldwide, including some in your area. Remember that volunteering doesn’t have to be through a formal organization. Lending a helping hand to a friend, family member or neighbor counts, too. In fact, 70% of volunteer work is carried out locally and informally, without the involvement of any organization, according to the UN.

Expand your impact: Learn about the Points of Light Civic Circle®, a framework that outlines the many forms of civic engagement. These actions include listening and learning, using one’s voice, social entrepreneurship, volunteering, public, national or military service, using one’s purchasing power to express values, working, voting and donating.

Get inspired: Points of Light recognizes ordinary people doing extraordinary

things to strengthen communities and solve persistent problems with its Daily Point of Light Award. Know an outstanding volunteer in your community? Nominate them as a Daily Point of Light by visiting pointsoflight.org/dailypointoflight, or to inspire others, share these stories of recent honorees:

Daily Point of Light Award honoree T’Kiyah Threatt is a 21-year-old from Uniontown, Alabama, a town of just over 2,000 residents. She dove into service as a high school junior when she started working with C.H.O.I.C.E., an organization that ensures young people get needed resources. Three years ago, she became the first president of the Youth Advisory Council and began leading mentoring efforts, going above and beyond to find funds for a scholarship for a deserving mentee.

continued on page 12



(c) PeopleImages / iStock via Getty Images Plus

NEED HELP NAVIGATING MEDICARE?



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

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

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

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



Elder Law Q & A

What are Veterans Death Benefits?

This month's article will continue my look at types of elder abuse, particularly physical and sexual abuse. While less prevalent than other types of abuse, physical and sexual abuse can have severe consequences.

The National Institute on Aging (NIA) defines physical abuse as bodily harm. Physical abuse can include the following:

Hitting, pushing, and slapping;

Using restraints, locking someone in a room, or preventing them from leaving;

Physically intimidating an older adult without directly hitting them, such as by throwing an object across the room.

The NIA further explains that sexual abuse entails forcing an elder to engage in or watch sexual acts. Most sexual abuse occurs in nursing homes, according to NursingHomeAbuseGuide.org. Older women are six times more likely to experience sexual abuse than senior men.

Preventing Abuse

If you suspect that you or a loved

one are facing elder abuse, the following resources can help:

Through its National Elder Fraud Hotline, the DOJ provides services to older individuals who could be victims of financial fraud.

State long-term care ombudsman programs advocate for residents of long-term care facilities, including nursing homes and assisted living facilities. Find your state's program at ConsumerVoice.org.

The Victims of Crime Act Victim Assistance Program funds state programs to assist elder abuse victims. Locate your local Office for Victims of Crime.

You can also learn more about your legal rights by consulting with an elder law attorney. An attorney can help you identify and stop the abuse and advocate for financial compensation.

Beyers Law LLC is a law firm serving clients throughout Northern 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.



Bill Beyers



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Pets Are Family

Pet First Aid



Judy Calhoun

To honor National Pet First Aid Awareness Month, it's important we are properly prepared in the event our pet experiences a sudden medical emergency. Just as we keep a first aid kit handy for ourselves, having a well-equipped pet first aid kit and knowing basic first aid techniques can make all the difference in ensuring our pets receive timely care in times of need.

First and foremost, keep a list handy of 24-hour emergency veterinarians and prepare a pet first aid kit. Keep these resources in easy-to-remember locations, and consult with your veterinarian about necessary kit supplies.

Keep your pet calm. Just like humans, pets can experience heightened stress and anxiety during emergencies. Calming them helps to alleviate their fear and discomfort, making it easier to assess their condition and administer necessary treatment. An agitated or panicked pet can also inadvertently worsen their condition by thrashing around or attempting to escape.

In the same vein, when handling and transporting an injured furry friend, we risk injuring them further. Learn how to safely handle an injured pet and consult with your veterinarian as needed.

Familiarize yourself with basic first aid procedures for your pet regarding topics such as broken bones, bleeding, burns, seizures, heatstroke, choking, etc. A plethora of resources are available online specific to your pet's species and size. Did you know you can get certified in administering life-saving CPR to dogs and cats? Sign up for a class online or find one locally in your community.

Lastly, it can be difficult to remember every symptom a pet can have and what it means. Thankfully, Red Cross offers an app all about first aid for pets. Download it today and keep vital information in your pocket in time of need.

Thanks for reading! Learn more at nocohumane.org.

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Veterans Echoes

Steve Mulvihill



Brad Hoopes

Upon graduating from college, Richard Hough assessed his situation regarding military service, as the Korean War had been raging for two years. His exempt status had now ended, and not wanting to wait to be drafted, he enlisted in the Army. He chose and was accepted into the ASA (Army Security Agency). This choice, and the experiences it brought, would mold his post-military career.

The ASA focused primarily on electronic intelligence. Besides gathering intelligence, it was responsible for protecting the Army's communications. Richard trained to become a Cryptoanalytic Specialist. After ASA training, he took off for Korea. During the Pacific crossing a message over the ship's PA announced that an armistice had been signed.

Landing in Korea after a brief stop in Japan, Richard was assigned to the 501st Comm. Recon Group. During his time in Korea, Richard traveled the country, including

getting up to the DMZ to witness the POW exchange. From Korea, he was transferred to Japan.

While in Japan, Richard immersed himself into the culture and traveling the country, which led to his post-service career. After his discharge, Richard would go on to obtain his Masters and PhD in the field of geography and have a 40-year career in academia.

Richard has a interesting geography-related hobby. While some people for example collect coins, others collect stamps, ...Richard collects counties. His goal is to travel in every county in the United States. He has circumnavigated the entire country, and has filled in a vast majority of the interior with his travels.

Brad Hoopes has a passionate project of preserving the stories of our veterans. To view some of these stories, please visit: www.youtube.com/@rememberandhonorstories



Social Security Today

How To Spot An Imposter Social Media Account

Want to learn how to spot fake Social Security social media accounts? The tips below will help you protect yourself and your family.

How fraudsters create imposter accounts

Fraudsters create imposter social media pages and accounts using Social Security-related images and vocabulary, making them appear as if they're associated with or endorsed by us. They also create imposter social media pages of Social Security and OIG officials, such as the Commissioner or the Inspector General.

Protect your personally identifiable information

We will never ask for sensitive information through social media as these channels are not secure. Sometimes, users are asked to enter their financial information, Social Security number (SSN), or other sensitive information. This is a red flag, and often an indication of a fraudulent account.

How to spot a fake social media account

Identifying an imposter account may seem difficult at

first, but there are a few things you can look for right away. You will want to focus on the following:

- How many people follow the imposter page. In most cases, fake pages have a very low number of followers as compared to Social Security's official page.

- Improper punctuation.
- Links to pages not on SSA.gov.

- Advertisements for forms or other Social Security documents for a price.

- Incorrect social media handles. To view the list of our official social media channels, we encourage you to visit www.ssa.gov/socialmedia.

Please report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at oig.ssa.gov/report. You can find more information about scams on our Protect Yourself from Scams webpage at www.ssa.gov/scam.

Please share this information with your friends, family, and colleagues to help spread awareness about imposter social media accounts.

Larimer County Office on Aging Office on Aging Community Fair

May is Older Americans Month, and this year we're kicking it off with a brand new event: the Office on Aging Community Fair at The Ranch on May 1. This event combines our annual spring educational event and our Older Americans Month Awards with a community involvement fair. The involvement fair will feature booths and presentations about Larimer County programs and services for older adults and caregivers. Many local nonprofits will be present to share information on services to help older adults, as well as opportunities to volunteer and develop connections in the community.



Erin Alt

The theme of the Office on Aging Community Fair is "Preparing for our Best Future." The event will kick off at 1pm with a keynote address by Barbara Bennett, "Chief Scambuster" from the Larimer County Sheriff's Office. Attendees are then invited to take in the community involvement fair to learn about the abundance of resources for older adults and

caregivers in Larimer County. The event will conclude with the annual Older Americans Month Awards celebration at 4:15pm. Each year, we hear that the Older Americans Month Awards are a moving tribute to the amazing older adults and caregivers in Larimer County. We're excited to present the awards at a public event so that the whole community can share in the recognition and celebration of our exceptional honorees.

The Office on Aging Community Fair will be from 1pm to 5pm on Wednesday, May 1, in the South Hall of the FNBO Building at The Ranch, 5280 Arena Circle, Loveland. Admission and parking are free. The first 250 attendees will receive a free tote bag. Visit Larimer.gov/seniors to learn more or call us at 970-498-7750 with questions. We can't wait to see you on May 1!

We Care

Ageism Matters We Are All Leaders



Kris & Sara

When you need to reach many people, it's important to remember that change happens one person at a time.

There is an exponential impact when we educate a group of educators, organize a town hall for legislators, and provide training and tools for people to organize their own conversations. But the message is still being received by one mind at a time. Every leader and influencer is an individual with their own beliefs and biases.

Equally important, we are all influencers and leaders in our own ways. We lead with our actions, how we spend our resources, and how we vote. We are examples for our families and friends, workplaces, and community organizations.

After years of education and public campaigns, ageism awareness is spreading. Our organization has reached thousands through our programs, social media, and coverage by traditional media outlets.

More and more people come to us wanting the tools to make

change, to impact policy and connect to others across the country who want to make a difference.

There is a growing conversation about age and older adults in the public sphere. Yes, often much of it is negative. But, people are also questioning the traditional, negative narrative - and this is new. From health experts to political leaders to entertainers, there are voices clapping back and calling for a more realistic narrative about age and aging.

It starts with each of us to create change. This movement is happening from the bottom up. We can feel the momentum. One mind at a time, the narrative is beginning to change.

Add your voice!

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.

*Help us
Help the
50+ Community*

Reflections

I Don't Have Much Time Left



Martha Coffin Evans

Yikes! When my friend said that recently, actually several times, I wondered.

Did she have a diagnosis about which I knew nothing? Had she been ill and not said anything?

No, she knows as the years roll on, her physical well-being isn't what it was previously. Her awareness of her interests and ability to pursue them is smart. Maybe there's a lesson from her playbook here.

While we all have the choice of where and how we spend our time, knowing our limitations becomes very wise. That's especially true if we pay attention to what's realistic vs "want to dos."

Perhaps the organizations in which we've been involved, change their focus. That could mean, we're no longer wanted, needed as an employee or volunteer. What then?

Where will we find other places in which to become involved? Can we or, better yet, do we want to change our own focus?

If our volunteer involvements don't result in enough fulfilling opportunities, it might be a good time to look further. What other organizations have a similar focus. Might they have needs which we

could possibly fit? Adding the former and new opportunities together could just provide enough service outlets to fuel our need.

I wonder about areas in which I've thought to serve. Maybe now's the time to shift and explore one or more of them.

Although travel wasn't mentioned, years ago we were told to "travel as long as you can, as far as you can, as long as your legs hold out." We've taken that sage advice. What good is that Bucket List if you, your family members or friends are no longer able to travel?

Maybe this is a "carpe diem" time. My friend may just be the wise one here!

Martha (Marty) Coffin Evans, Ed.D., is a freelance writer with MACE Associates LLC. Follow her blog on martycoffinevans.com; emails her at itsmemartee@col.com.



Genealogy Rocks!

Are Genealogy Societies Needed?



Carol Darrow

1924: The Colorado Genealogical Society was organized 10 years before the opening of the National Archives and Records Administration opened in Washington, D.C., giving researchers their first access to census records.

1976: Publication of Roots: The Saga of An American Family reignited interest in genealogy and family history research. Several local genealogical societies including Columbine, Larimer County, Foothills and the Black Genealogy Research Group were organized.

2002: The 1930 U.S. census was released on microfilm and was available only at the 14 NARA archival research facilities across the U.S. Denver was among those NARA facilities.

2010: Experts wondered whether online services such as Ancestry.com and FamilySearch.org would replace genealogy societies. It turned out that genealogy groups could offer their members classes to use these resources successfully.

2012: The 1940 U.S. census was released online at Archives.gov, Ancestry.com, and FamilySearch.

org but was not every-name indexed until January 2013.

2015: Some commentators noted that genealogy societies were losing members and questioned whether societies had outlived their usefulness. Societies would need to attract younger members to survive.

2018: The advent of DNA testing attracted younger people but they soon became discouraged with the results that listed hundreds of unknown cousins but no direct answers. Genealogy societies stepped in to explain the science and clarify the results.

2020: The pandemic forced in-person meeting places to close. Could societies survive if we could not meet in person? Survive and thrive they did, thanks to electronic Zoom meetings that allowed us not only to hear a speaker's presentation but to socialize with other attendees.

You can be part of the future if you are willing to join a local genealogical society and support that organization by paying your dues and volunteering your talent to build a stronger organization.

Carol Cooke Darrow teaches Beginning Genealogy and facilitates the WriteNOW family history writing group on Zoom. Register for classes at cogensoc.us.

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Better Business Bureau Bored? Think Twice Before Taking That Facebook Quiz



Shelley Polansky

Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How this scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match with a character from a favorite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?" "What is your mother's maiden name?" or "What is the name of the street you grew up on?" These are common security questions for insurance, banking and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity

or enable a scammer to impersonate you to your friends and family.

How to avoid similar scams

Be skeptical: Before answering a quiz, figure out who created it.

Adjust privacy settings: Review the social media account's privacy settings and be strict about any information that is shared and be mindful of who you are sharing it with.

Remove personal details from your profile: Don't share information like a phone number or home address on social media accounts.

Don't give answers to common security questions: Be cautious if the questions in a quiz ask for things like your mother's maiden name, the street you grew up on, previously owned vehicles, favorite foods, or the name of your high school.

Monitor friend requests. Don't accept friend requests from people you don't know. Also, be wary of a second friend request from someone you are already connected with; the second profile may be an impostor trying to access your data and your Friends list

*Jami Jonckowski-Wiens
VP/Marketing & Communications - Better Business Bureau
Serving Northern Colorado and Wyoming*

Information for the 50+ Community

"Spring" Into a Fun Time!

That's exactly what took place at a recent Northern CO CARE CONNECT COLLABORATE get together. Business representatives, friends, associates gathered to take part in an ideal networking opportunity. Meeting old friends and getting to know new friends seem to take the lead. There was enjoyment and fun to be had. Re-

freshments were served. Folks in attendance anxiously awaited their business card be drawn for one of the exceptional giveaway baskets donated by sponsors and other businesses. The event was held at DC Oakes Brew House and Eatery in Fort Collins. Plans for an April CARE CONNECT COLLABORATE event are underway.



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Technology is Hip!

Artificial Intelligence Is Changing the World!



Bob Larson

At both February's annual Consumer Electronics Show in Las Vegas and March's RootsTech (annual genealogy) Conference in Salt Lake City, Artificial Intelligence (AI) became one of their main themes. Ever since Open AI introduced their ChatGPT website in 2022, it started a new revolution in AI products for many industries. Microsoft's AI version, now called Co-pilot was featured on 60 Minutes last year followed by Google's BARD, now renamed Gemini.

Many industrial and commercial companies have added AI into their product lines for good reasons. AI makes your life simpler and can obtain results much faster than the normal web browsers or apps. However, accuracy is still a problem with some AI driven web browsers.

Although different from human intelligence on learning and decision making using creative thinking, it's getting closer! The Dept. of Defense started the AI concept back in the 1950s, then IBM upset

the gaming industry by introducing their Watson computer, which beat the two past smartest Jeopardy TV show winners in 2010. Today, Watson is used to help various industries with great success!

Today's AI is called Generative AI, which almost simulates human intelligence. It is artificial intelligence capable of generating text, images or other data using generative models, often in response to prompts. Generative AI models learn the patterns and structure of their input training data and then generate new data that has similar characteristics. So, it has some creative and decision making capabilities at the creation of using different algorithms, aka software design.

You can imagine how some software developers and CEOs are concerned about destructive behavior AI may cause and takeover some industries without human intervention. As shown in the past Star Wars movies, there will always be a concern about AI soldiers, but for now, the software developers are being careful in developing safe AI products that will benefit the world! Bob Larson is a technologist and Marketing Director for 50 Plus.

Colorado Gerontological Society

Income Limits Increase Making More People Eligible for LEAP



Eileen Doherty

Anyone 18 and over who pays for heating costs is eligible to receive help from LEAP. Individuals who make less than \$3,081/month (\$4,030/month

for a couple) are eligible to apply. LEAP helps with heating costs, but does not pay the total bill. Deadline is April 30.

LEAP applications can be made online through Colorado PEAK or your county office. To use Colorado PEAK, log in if you have an account (or make a new account). On the Dashboard tab, scroll down

to the Benefit Overview. Immediately next to it, there is a button "Request New Benefits". Click the button. When it loads a new screen click "I want to add another benefit program". Press Continue. Click "I Know What Benefits I Want to Apply For"; then at the very bottom of the page, find the "Energy" tab. Check the LEAP box below. Then click the box "Apply for Benefits" at the top right. Then follow the form step-by-step.

If you need copies of tax or LEAP forms, call The Colorado Gerontological Society at 303-333-3482 or 1-855-293-6911 (Toll Free) or 1-855-880-4777 (Spanish). Or go to <https://cdhs.colorado.gov/leap>

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The World Happiness Report

The World Happiness Report (WHR) was released in mid-March by a partnership of Gallup, the Oxford Wellbeing Research Centre, the UN Sustainable Development Solutions Network, and the WHR's Editorial Board. The report is produced under the editorial control of the WHR Editorial Board.

The World Happiness Report reflects a worldwide demand for more attention to happiness and well-being as criteria for government policy. It reviews the state of happiness in the world today and shows how the science of happiness explains personal and national variations in happiness.

The report observed data on six variables and estimates of their life evaluations, which include GDP per capita, social support, healthy life expectancy, freedom, generosity, and corruption. The happiness rankings are based on individuals' own assessments of their lives. The World Happiness Report is released annually usually on March 20th as part of the International Day of Happiness celebration adopted by the United Nations in 2012.

For the seventh year, Finland

is ranked number one with Denmark and Iceland trailing second and third, while United States fell to 23rd, and Afghanistan is last.

The top 10 countries have remained much the same since before COVID. Finland is still top, with Denmark now very close, and all five Nordic countries in the top 10. But in the next 10, there is more change, with the transition countries of Eastern Europe rising in happiness (especially Czechia, Lithuania, and Slovenia). Partly for this reason the United States and Germany have fallen to 23 and 24 in the rankings.

In many but not all regions, the young are happier than the old. But in North America happiness has fallen so sharply for the young that they are now less happy than the old. By contrast, in the transition countries of Central and Eastern Europe, the young are much happier than the old. Report courtesy of Gallup.



Say you saw it in 50 Plus Marketplace News

Garden Tasks

It may be spring, but it is too early to plant those tender annuals, perennials and vegetables. Use this time to prepare gardens for later planting as the soil warms and the days lengthen.

Clean and disinfect tools with 10% bleach and 90% water. Soak for 30 minutes, rinse, dry and sharpen.

Collect yard debris and clean out garden storage areas. Use the Greeley Annual Clean-Up Weekend April 29 and 30 to dispose of pesticides, limbs, brush, sod, topsoil, grass and weeds. Visit the city's website for locations, times and nominal fees.

Eliminate weeds now. If using a preemergent weed preventer, do so now.

Do a soil test for levels of nitrogen, phosphorus, potassium and the pH level. Add amendments to soil as indicated when tilling the soil.

Till soil in existing and new gardens. Invest in a soil thermometer/water meter. Soil needs to be 60°F before you work it. Tilling soil with too much moisture damages the soil structure making it difficult for plants to grow. Allow time for the soil amendments to work at least three days and up to several weeks. Till, add amendments, till again.

Refresh raised garden bed soil to keep it productive by using an

annual top dressing of a few inches of compost. Work it into the top 3"-5" of soil

Trim perennials, grasses and shrubs. Most perennials can be trimmed to 2" above ground. Ornamental grasses can be cut back to 20% of their size. Trim non-blooming shrubs but not spring flowering shrubs until after bloom. Do not trim roses until after the last frost.

Replace old mulch if it resembles dirt, smells like vinegar, rotten eggs or alcohol, or has signs of disease, fungus or parasites. Refresh old mulch by fluffing it with a rake then add fresh mulch to the top. Mulch 2" deep on flowerbeds; 3" in shrub beds and around tree stumps.

By Pam Dorsett

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Veterans Plaza of Northern Colorado is pleased to announce a new entrance sign will be placed in Spring Canyon Community Park on Horsetooth Road to be completed in 2024.



Stop by to see the proposed sign at our Memorial Weekend celebration featuring the "Global War on Terror Wall of Remembrance!"



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It's Time to Get Your COVID-19 Booster Shot!

It's spring, the season for sweet strawberries, colorful tulips, crisp vegetables, and a COVID-19 booster shot. Health experts with the U.S. Centers for Disease Control and Prevention (CDC) recently recommended an extra dose of the 2023-2024 COVID-19 vaccine for all people in the U.S. ages 65 and older.

Why? Simple. Hospitalizations and COVID-19 death rates for people who are 65 and older have been significantly higher than COVID deaths and hospitalizations among younger people over the last several months, and vaccine effectiveness is waning over time.

Health experts want to give extra protection to older people, so a committee of medical advisers to the CDC in February recommended a spring COVID-19 booster shot for everyone who is 65 and older. In addition, people who are immunocompromised also have been eligible for extra doses of the COVID-19 vaccine, said Dr. Michelle Barron, who is also a professor at the University of Colorado School of Medicine on the Anschutz Medical Campus.

At this stage of the COVID-19 pandemic, older adults are hav-

ing a tougher time when they get a bad case of COVID-19. That's not surprising because immune systems in older people aren't as strong as they are in the young, aside from younger people who are immunocompromised.

Here are some reasons why medical advisors to the CDC recommended a spring COVID-19 booster shot. More than half of people who had to be hospitalized for COVID-19 between October and December of 2023 were older than age 65, according to CDC researchers.

As people get older, the risk of dying from COVID-19 continues to rise. People ages 75 and older were much more likely to die if they contracted COVID-19 than people who were sick with COVID-19 and were 65 to 74 years old.

Fewer people of all ages have been getting the newest COVID-19 vaccines. Among people of all ages, only about 22% of U.S. adults have gotten the 2023-2024 COVID-19 vaccine, which was reformulated last year to better protect against the newest variants. Older adults have been more likely to get the newest vaccine, with about 43% of people ages 75 and older having received the newest shot, accord-

ing to CDC data.

Vaccine effectiveness wanes over time, so especially for vulnerable people, it's great to give the immune system a boost in combating COVID-19 infections. "You'll want to wait at least four months since the last time you had a COVID-19 vaccine," Barron said. If you've recently gotten sick with COVID-19, you should wait about three months.

Don't wait for the fall vaccine. Unless you've recently been sick with COVID-19, you should not wait to get a spring booster dose. If you are 65 or older, or you are immunocompromised, you should go ahead and get a booster of the 2023-2024 COVID-19 vaccine now.

Anyone who gets a booster this

spring will also be eligible to get a dose of the newest COVID-19 vaccine this fall. If you're sick, stay home. If you have symptoms of an illness, don't expose others, especially vulnerable people.

Barron's bottom-line advice to her older patients and relatives is quite simple: get your spring booster dose of the COVID-19 vaccine. And, no matter your age, if you never got a 2023-2024 COVID-19 vaccine, you can still get vaccinated.

And even though vaccine effectiveness wanes over time, Barron said it's still tremendously helpful to get COVID-19 vaccines and booster shots because they significantly reduce deaths and hospitalizations. Courtesy of UCHHealth.



Fort Collins Is Seventh On Ranking For Nation's Remote Working

In a recent survey by Agency directory DesignRush, Fort Collins is ranked seventh with a remote working suitability index of 70.4. Cheap fiber internet in Colorado, at an average of \$71.88 per month for 300mbps download speed fiber plans, and a high percentage of remote workers, at 15.4%, see Fort Collins score well.

Average housing costs are 19% above the national average at \$1434 per month, which lower Fort Collins's score.

Boulder, Colorado, is the best metro area in America to work remotely with a remote working suitability score of 77.5 out of 100. The Raleigh-Cary metro area, North Carolina, is second and Austin-Round Rock-Georgetown metro area, Texas, is third. Fort Collins came in seventh in a recent survey.

Agency directory DesignRush analyzed housing costs, percentages of remote workers, broadband connections, and commute times using U.S. Census Bureau and Federal Communications Commission data to find which metro areas are best for remote working.

Gianluca Ferruggia, General Manager at DesignRush, said "Remote working has become increas-

ingly viable in recent years due to a combination of faster and more reliable internet connections, changing societal priorities, the changing nature of work, and in some cases necessity, such as during the pandemic.

"Many workers now prefer to work from home due to the better work-life balance it can provide, plus it can allow workers to take advantage of higher average salaries that might be paid in other areas than the areas in which they live.

"Businesses also benefit from the increased desirability of remote working, as it allows them the widest talent pool to choose the best candidates for a job. This could be done by hiring workers for remote roles or by outsourcing projects to digital contractors when a full hire might not make financial sense. Article courtesy of DesignRush.

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Helping Coloradans: State's Property Tax, Rent, Heat Rebate Offers Relief For Senior, Low-Income Residents

Coloradans eligible for a Property Tax, Rent, Heat (PTC) Rebate should apply before April 15 to ensure they also receive a TABOR refund.

With the passage of the Identical TABOR Refund Act in December, Coloradans who do not plan to file a state income tax return can still receive the refund if they apply for a PTC Rebate by April 15.

The Property Tax, Rent, Heat (PTC) Rebate is available to Colorado residents to help with their property tax, rent, and/or heat expenses. The rebate is based on income and includes people with disabilities and older adults.

For tax year 2023, the rebate amount can be up to \$1,112 for applicants. If applications are received by April 15, 2024, applicants can also receive a TABOR refund, which equates to \$800 for single filers and \$1,600 for married couples filing jointly.

Eligible Coloradans include seniors (age 65 or older, or surviving spouse aged 58 or older), Coloradans with disabilities, and individuals with a total income of less than \$18,026 or a married couple with a total combined income of less than \$24,345.

"It's important to support all Coloradans, especially those in underserved and underrepresented communities," said Brendon Reese, Department of Revenue Division of Taxation director. "We want Coloradans experiencing hardship to know that there are resources out there to help and PTC rebates are one of them. With the flattened TABOR refund, you can receive a refund even if you didn't file a state income tax return for 2023 – you just need to submit a PTC Rebate application."

The PTC Rebate has provided relief to about 15,000 Coloradans since 2019. This program ensures seniors and Coloradans with disabilities can remain occupied in their heated homes year after year.

The PTC Rebate application is also available in Spanish, and to provide better customer service to non-English speaking Coloradans, Taxation Division call centers can now assist non-English speaking PTC applicants through a translation service.

More information, including qualifications, is available on the PTC Rebate webpage.

Information courtesy of the Colorado Department of Revenue

Memory Cafes Making Impact For Dementia Community

A Dementia Together memory café participant shared: "I can't even find the words to express how blown away I was at the Memory Cafe today...I enjoyed the youth volunteers so much and quite obviously everyone else did too! The guitar player was delightful. We knew every word of every song. The cookies and ice cream were yummy. Thank you for creating an atmosphere of pure fun and joy. My husband comes away from memory cafes feeling SO uplifted and part of a group of people he can relate to."

Dementia Together (DT) is a local nonprofit organization which cultivates joy and builds stronger connections for people living with dementia, their care partners, and our community. Memory cafes, one of DT's signature services, are themed social gatherings with reminiscing, games, music, snacks, and joy. Since starting its work in 2015, DT has offered over 1025 memory cafes in-person and online, serving more than 4600 people.

"At Dementia Together, we teach

the UK-originated family-driven model called the SPECAL method (pronounced "speckle") to positively manage the condition of dementia. We model the approach in our memory cafes to create meaningful social engagement," explained Cyndy Luzinski, the Executive

Director of Dementia Together. One SPECAL principle is that "home" is a feeling, not necessarily a place. "Home is where everything makes sense." When someone with dementia wants to go home, we know they aren't FEELING at home. A recent comment from one of our memory café participants living with dementia confirmed the truth of this principle upon his arrival at the memory cafe. He greeted a staff member and said, "You should always go home." Looking around at the other memory café participants, he added, "This is my home."

To learn more, visit www.dementiatogether.org

Our annual fundraiser Joy on the Journey is happening April 25th.



Paint and Sip Memory Cafe enjoyment

The Odds Are One in 400 Million

The cow was born with two heads. It happened in Cossinade, LA. The odds were not one in a million, as the saying goes; it was one in 400 million, says Eric and Dawn Breaux who own the cow. The condition is called polycephaly and the experts say most of the time critters are stillborn or live just for a few hours or days. The cow was still alive on day

eight when the news of its birth made headlines. At the time, Mrs. Breaux told reporters: "She has trouble lifting her head but is holding it up more and more as she is getting stronger. She is not standing on her own yet so she is unable to nurse on her mom. We have been bottle feeding her from the start."

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Healthy Weight Starts With Good Nutrition

As obesity gains broader acceptance as a serious health condition, new and advanced treatment options are becoming available to help adults reach a healthy weight and lower their health risks.

According to the Centers for Disease Control and Prevention (CDC), extra weight can increase the risk for heart disease, stroke, type 2 diabetes, and certain types of cancer.

People with obesity are also at greater risk of complications and severe illness from COVID-19. New and advanced treatment options are becoming available to help adults reach a healthy weight and lower their health risks. These options include new bariatric surgery approaches as well as safe and effective anti-obesity medications.

There's plenty of truth to the old saying: "You are what you eat." Research has long shown that the foods we consume every day have a major impact on our health and wellness. Eating a balanced, nutrient-dense diet is critical across the lifespan, helping us feel our best and reduce our risk of chronic diseases.

The U.S. Departments of Agriculture and Health and Human Services released the Dietary Guidelines for Americans 2020-2025. Older adults have special health considerations. According

to the Dietary Guidelines, they have a greater risk of developing chronic diseases and are also vulnerable to age-related conditions like osteoporosis. Following the Dietary Guidelines can help you shed pounds and prevent additional weight gain.

Here are several tips for eating healthy as an older adult:

- 1) Pay attention to calories. Your individual energy needs will vary according to your age, sex, height, weight, and activity level,
- 2) Include more fruit, vegetables, whole grains, and low-fat or fat-free dairy in your diet. These food groups are great sources of nutrients you need,
- 3) Limit your consumption of added sugars, saturated fat, and sodium. Flavoring foods with herbs and spices can help you lower your intake of sugars, salt, and saturated fats,
- 4) Consume adequate protein to help prevent the loss of lean muscle mass. Nutritious protein sources include seafood; low-fat and non-fat dairy products (including fortified soy alternatives); and beans, peas, and lentils,
- 5) Boost your vitamin B12 levels by eating B12-fortified foods, such as breakfast cereals. Your doctor may advise you to take a supplement,
- 6) Drink plenty of water to

prevent dehydration. Other good beverage choices include unsweetened fruit or low sodium vegetable juice, low-fat (or fat-free) milk, or fortified soy beverages,

7) Limit your intake of alcoholic drinks to no more than two per day if you're a man and no more than one per day if you're a woman,

8) Busy adults can subscribe to healthy meal delivery services or grocery delivery services. This helps to get nutritious meals and ingredients delivered to their doors.

The Academy of Nutrition and Dietetics has provided some helpful tips for developing healthy eating habits that can be used along with Dietary Guidelines recommendations. These include:

- 1) Avoid distractions while you're

eating (e.g. TV or cell phone),

2) Slow down and take the time to enjoy your food,

3) Learn how to read Nutrition Facts labels on food packaging,

4) Plan healthy eating while traveling and dining out, &

5) Don't be afraid to try new foods and flavors.

Reversing obesity in America won't happen overnight, and there are a variety of treatment interventions that may be explored. However, whatever path you take good nutrition should always be an integral part of your journey. As emphasized in the new Dietary Guidelines, "it is never too early or too late to eat healthfully." Courtesy of National Council on Aging & Centers for Disease Control and Prevention.



50 Plus Marketplace News Crossword Puzzle

April 2024
Answers page 8

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55					56					57	58		
59					60					61			
62					63					64			

ACROSS

- 1 Gold coin
- 6 Weep
- 9 Hollow cylinder
- 13 Idealized concept of a loved one
- 14 Free from contamination
- 15 Indigo
- 16 Capacity to absorb radiation
- 18 Great quantity
- 19 Destiny
- 20 Latvia
- 21 Accent
- 22 Mild oath
- 24 High public esteem
- 25 Counterfeit
- 28 Former Russian rulers
- 30 Feudal vassal
- 31 English poet
- 33 Clumsy boat
- 36 Advanced in years

- 37 Entirely
- 38 Part of verb to be
- 39 Organ of sight
- 40 Hawk's nest
- 41 White-and-black bearlike mammal
- 43 Horn-shaped bone
- 45 Dissemination
- 46 Purge
- 48 Strike forcefully
- 49 Wagon
- 50 Greek goddess of the earth
- 52 By way of
- 55 Which inland sea of central Asia lies on the border between Kazakhstan and Uzbekistan
- 56 Desalt
- 59 Roster
- 60 Island of Hawaii
- 61 Sovereign

- 62 Soared
- 63 Weep
- 64 Foe

DOWN

- 1 Clock face
- 2 Boss on a shield
- 3 Fling
- 4 Gone by
- 5 Rocky pinnacle
- 6 Dynasty in China
- 7 Killer whale
- 8 Honey insect
- 9 Priest
- 10 Changeable
- 11 Musical instrument
- 12 Senior
- 14 Discharged a debt
- 17 Small nail
- 22 Ovum
- 23 Command to a horse
- 24 Possesses
- 25 Floating ice
- 26 Greasy
- 27 Change decor
- 28 Story
- 29 Pigpen
- 31 Disease of the nervous system
- 32 Biblical high priest
- 34 Official language of Pakistan
- 35 Ray of light
- 37 Island of Denmark
- 40 Sin
- 41 Seed of a legume
- 42 Disposed
- 44 Lawless person
- 45 Authenticating mark
- 46 Sash
- 47 Christmas song
- 48 Sweetheart
- 50 Equipment
- 51 Wan
- 52 Dell
- 53 Separate article
- 54 Ethereal
- 56 Doctor
- 57 Wrath
- 58 Convent dweller

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Act Locally During Global Volunteer Month

Even after moving away for college, Threatt returns to work with her own mentee while recruiting community partners and soliciting funding for programs.

Daily Point of Light Award honoree Teresa Gerald of Ridgeland, Mississippi, channels her passion for literacy into volunteer work through Friends of the Ridgeland Library, where she has held the elected position of president since 2014, contributing thousands of volunteer hours. Twice a year, Gerald manages, promotes and works the Friends of the Ridgeland Library Book Sale. When the library's funding was cut by \$110,000 in fiscal year 2021-2022, her fundraising efforts with Every Library Institute raised \$112,000 in emergency funds.

No matter the scale, Points of Light recognizes the spirit of volunteerism as a driving force of change around the world.

"We're celebrating volunteers around the world all month long, as well as calling on people to take action. Throughout April, lend your time, talent and passion to a cause you care about and invite others to join you, creating a ripple effect of change," said Sirangelo.