

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



Local News, Profiles, Events & Resources For 50 Plus Adults February 2024 • Volume 30 • Issue 2

Loveland Promotes Annual Valentine Activities

Loveland is known as the Sweetheart City, and their Valentine event is starting in early February. Recently, the Loveland Chamber of Commerce, Visit Loveland, and their partners revealed the details and arrangements for their 78th annual Valentine event. The festivities include the Valentine Re-Mailing Program, the Sweetheart Festival, exclusive offerings such as Valentine-themed wine, beer, candy, and coffee, the Loveland Sweetheart Classic 4-mile race, and the Valentine Group Wedding. All these Valentine season activities and events are scheduled throughout the month of February.



Miss Loveland Valentine McKayley Lane

America's sweetheart city is known for its hearts, valentines and all things love. Here are several of the activities all month long.

Starting Thursday, Feb. 1, the nightly holiday light displays at Chapungu Sculpture Park transform to pink and red lights and brightly lit symbols of love during Loveland Lights. Enjoy a stroll through this free outdoor experience before the event's final day on Wednesday, Feb. 14.

Stop by the Sweetheart Festival on Saturday, Feb. 10, 11 a.m. - 8 p.m., in downtown Loveland. The event features live music, art, local beer, interactive activities and more. The festival features something for everyone - families, couples, and chocolate lovers, running lovers, art lovers, and forever loves.

"We are thrilled to mark our 78th year of sending love across the globe. Still today, the Valentine season remains enchanting in Loveland. There's no better way to propagate love, joy, and hope than through a heartfelt Valentine sent from the Sweetheart City. The designs and verses chosen this year embody Loveland's commitment to spreading love and kindness," explains Mindy McCloughan President of the Loveland Chamber of Commerce.

The 2024 official Loveland Valentine card, collector's stamp (also known as a cachet) and postmark

have been announced. Loveland receives around 100,000 Valentines annually from all 50 states and 110 countries across the world through its Valentine Re-mailing Program, the largest program of its kind. Sponsors and volunteers handstamp the collector's stamp and postmark onto each individual Valentine that comes through the city's post office.

The 2024 Valentine card was designed by Tiffany Villavicencio. The card design features a beautiful landscape photo of the Rocky Mountains and Devil's Backbone, located in Loveland, CO. The card verse was created by Brenda S. Glover.

Valentine cards can be purchased online at Loveland.org for \$12 (which includes the card, printing, processing, and postage). All cards purchased through Loveland.org will automatically go through the re-mailing program.

2024 collectible cards may also be purchased in person at the following retailers: Loveland Visitor Center, B Sweet Cupcakes, Olive and Herb, Columbine Drug, Club Loveland, Loveland Good Sam, Barnyard Vet, Independent Financial (Cleveland Branch, Loveland Museum, Mail Mart, Rowes Flowers, and King Soopers.

Since 1962, Loveland has been selecting a Miss Loveland Valentine. We are proud to announce McKayley Lane is our 62nd Miss Loveland

Valentine. With honor and pride McKayley will represent the community of Loveland throughout the 2024 year.

Loveland's eighth annual celebration of commitment to love returns, promising an even more enhanced experience for 2024. For those seeking a unique and distinctive wedding affair and an unforgettable venue, the group wedding is the ticket at the Colorado Eagles hockey game on Feb. 14.

For details on all the valentine activities and products, please visit their website at <https://visitloveland.com>.



Valentine Card by Tiffany Villavicencio

North I-25 Freeway Opens New Lanes

The longstanding vision to improve mobility along north I-25 is becoming a reality. In December, Larimer and Weld County Commissioners joined Gov. Jared Polis and other state officials at a ribbon cutting, officially opening three improved segments of north I-25, which stretch from Berthoud to Fort Collins.

"This is a milestone for Colorado and every person who travels on I-25. This project will save people time and improve safety while connecting Coloradans with northern Colorado," said Governor Polis.

The multimodal corridor project not only includes the addition of express lanes but also the reconstruction of interchanges, bridges, and multimodal hubs for transit facilities at State Highway 56 in Berthoud and Centerra in Loveland.

Construction of the improve-

ments has been ongoing since 2018, but the desire for more efficiency along north I-25 began several years ago with support from past and present Weld County commissioners as well as municipalities throughout and Larimer and Weld counties.

In 2013, the North I-25 Coalition was formed as an advocacy group for north I-25 improvements and was critical in gaining local government funding as well as federal funds, which the Colorado Department of Transportation (CDOT) used to advance the project. James, who currently serves as the chair of the North I-25 Coalition, voted to contribute \$8 million to the expansion project when he was the mayor of Johnstown.

While three segments of improvements are complete on north I-25, work on segment five, located between State Highway 66 in the

Mead/Longmont area and State Highway 56 in Berthoud, continues. Weld County, in partnership with CDOT, has applied for a \$100 million Mega Project Discretionary Grant to help leverage funding for segment five improvements. Weld County has also committed \$5 million toward the project, which is anticipated to cost \$450 million. Segment five is expected to be completed in late 2024.



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FEBRUARY Calendar

Saturday/10

The Loveland Chamber of Commerce and Visitors Center presents their annual Sweetheart Festival at the historic Rialto Theatre all day and evening starting at 11 am. Bring the family or your sweetheart for FREE fun in the Sweetheart City, including a day full of LIVE Ice carving and art and fire sculpture demonstrations, musical and dance performances on our community stage and our romantic headliners Spinphony at the Historic Rialto Theater. Fun for the whole family at the Kids zone including oversized building bricks, outdoor games and even a community mural. Don't miss the Tunnel of Love, Food Trucks, The Palace of Sweets, The Sweetheart Classic 4-miler, the Little Miss Valentine and Little Mr. Cupid contest. including a day full of LIVE ice sculpting, fire and art demonstrations, musical and dance performances on our community stage and our romantic headliners Spinphony including a day full of LIVE ice sculpting, fire and art demonstrations, musical and dance performances on our community stage and our romantic headliners Spinphony including a day full of LIVE ice sculpting, fire and art demonstrations, musical and dance performances on our community stage and our romantic headliners Spinphony including a day full of LIVE ice sculpting, fire and art demonstrations, musical and dance performances on our community stage and our romantic headliners Spinphony

Thursday/15

The Colorado Gerontological Society presents a free online program on "Convincing Family to Let You Live at Home." Family most often have our best interests at heart when they suggest that we move from our current home. They may offer suggestions like "moving closer to their personal residence," or "moving to a an older adult community or an assisted living," or "coming to live with them or another family member." Register for the Zoom info at www.senioranswers.org.

Saturday/17

The Larimer County Genealogical Society presents a free hybrid program on "Tracking Down Your Eastern European Ancestors" by Pam Vestal at 10 am at the Fort Collins Senior Center or on Zoom. The program helps people locate their ancestral places of origin, uncover original names, find and request records, understand the documents, and cope with language challenges. Please register at www.lcgsc.org for the Zoom info or any handout. Tracking Down Your Eastern European Ancestors by Pam Vestal Tracking Down Your Eastern European Ancestors by Pam Vestal

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

Check individual venues for current information

Calendar sponsored by:

Beyers Law

Pet Safety During Cold Weather

You're probably already aware of the risks posed by warm weather and leaving pets in hot cars. But do you know that cold weather also poses serious threats to animals' health.

Know the limits: Short-haired pets feel the cold faster because they have less protection, and short-legged pets may become cold faster because their bellies and bodies are more likely to come into contact with snow-covered ground. The same goes for very young and very old pets. If you need help determining your pet's temperature limits, consult your veterinarian.

Stay inside. Cats and dogs should be kept inside during cold weather. It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's NOT true. Like people, cats and dogs are susceptible to frostbite and hypothermia and generally should be kept inside.

Check the paws: Check your dog's paws frequently for signs of cold-weather injury or damage, such as cracked or bleeding paw pads. During a walk, a sudden lameness may be due to an injury or may be due to ice accumulation between his/her toes.

Play dress-up: If your dog has a short coat or seems bothered by the cold weather, consider a

sweater or dog coat. Have several on hand, so you can use a dry sweater or coat each time your dog goes outside. Wet sweaters or coats can actually make your dog colder. Some pet owners also use booties to protect their dog's feet; if you choose to use them, make sure they fit properly.

Wipe down: During walks, your dog's feet, legs, and belly may pick up de-icing products, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs, and belly to remove these chemicals.

Collar and chip: Many pets become lost in winter because snow and ice can hide recognizable scents to find his/her way back home. Make sure your pet has a well-fitting collar with up-to-date identification and contact information. A microchip is a more permanent means of identification.

Prevent poisoning: Clean up any antifreeze spills quickly, and keep the containers away from pets, as even small amounts of antifreeze can be deadly. Also keep your pet away from de-icers as these can make your pet sick if swallowed.

Provide shelter: We don't recommend keeping any pet outside for long periods of time, but if you are unable to keep your dog inside during cold weather, provide

him/her with a warm, solid shelter against wind. Make sure that they have unlimited access to fresh, non-frozen water (by changing the water frequently or using a pet-safe, heated water bowl). Space heaters and heat lamps should be avoided.

Recognize problems: If your pet is whining, shivering, seems anxious, slows down or stops moving, seems weak, or starts looking for warm places to burrow, get them back inside quickly because they are showing signs of hypothermia. Frostbite is harder to detect, and may not be fully recognized until a few days after the damage is done. If you suspect your pet has hypothermia or frostbite, consult your veterinarian immediately.

Feed well: Keep your pet at a healthy weight throughout the winter. Some pet owners feel that a little extra weight gives their pet some extra protection from cold, but the health risks associated with that outweigh any potential benefits. Watch your pet's body condition and keep them in the healthy range. Outdoor pets will require more calories in the winter to generate enough body heat and energy to keep them warm – talk to your veterinarian about your pet's nutritional needs during cold weather. Courtesy of American Veterinary Medical Association.

Caring Hearts Home Health Care: A Trusted Beacon of Compassionate Care

In the fast-paced and ever-evolving landscape of healthcare, finding a provider that combines expertise with a genuine commitment to personalized care is a rarity. Nestled in the heart of Northern Colorado, Caring Hearts Home Health Care stands as a shining example of compassion, dedication, and unwavering commitment to the well-being of the community it serves.

Celebrating over two decades of service, Caring Hearts Home Health Care has become synonymous with excellence in Nursing, Physical Therapy, and Occupational Therapy. What sets this organization apart is not just its impressive range of services but the ethos that underpins its operations. As one of the last privately owned and operated Home Health Agencies in the region, Caring Hearts has maintained a unique identity as a beacon of compassionate care.

Owned and operated by a team of seasoned nurses, Caring Hearts Home Health Care brings a depth of understanding to the forefront.

Our intimate knowledge of the healthcare landscape, coupled with a genuine passion for aiding others, creates an environment where patients feel not just cared for, but truly understood. This personal touch is what defines the essence of Caring Hearts.

One key aspect that sets Caring Hearts apart is its independence. Proudly Colorado-based and not affiliated with any franchise or insurance company, the organization remains true to its roots. This independence allows Caring Hearts to prioritize the needs of its patients over corporate interests, ensuring that every individual receives the attention and care they deserve.

For those seeking a healthcare provider that values the human connection, Caring Hearts Home Health Care stands as a beacon of trust and reliability. As we continue to serve the communities of Greeley, Fort Collins, and Loveland, our legacy of compassionate care remains unwavering.

For more information on Caring Hearts Home Health Care and to

explore our comprehensive range of services, visit their website at caringheartshh.com or contact us directly at 970-378-1409. Experience the difference that comes with a team of dedicated professionals who are not just caregivers but companions on your journey to health and well-being.

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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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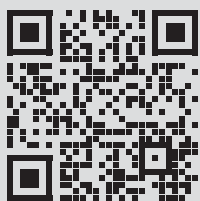
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Can you hear me now?

The Importance Of An Annual Hearing Evaluation: The Changing Brain With Hearing Loss- Part 2 Hearing Loss

The main reason why I recommend a hearing evaluation as part of your annual health check-up is to rule out medical conditions related to your ears and brain. Common causes of hearing issues and loss include aging, excessive noise exposure, injuries to head/neck, genetics, high blood pressure/heart problems and ear diseases. Basic signs of hearing loss are trouble understanding conversation especially in the presence of background noise like a restaurant, you can hear people talking but cannot understand what words they are saying (mumbling), and trouble hearing soft voices (i.e. grandchildren, women's voices).

Age-related hearing loss (ARHL) is estimated to be the third most reported chronic condition in the United States. With the increase in the number of older adults and overall life expectancy, more individuals will be at risk of acquiring ARHL than ever before. For instance, the United States National Institute of Health-National Institute of Deafness estimates that approximately 25%-45.6% of adults aged 65-74 years have a disabling hearing loss



Susan Baker

(HL). This estimate increases to 78%-80% in those who are 75 years and older. (Masterson et al., 2016)
If your brain suffers long-term profound lack of information from the auditory system (hearing), this will lead to reorganization of the brain. In other words, systems like vision and spatial awareness will take over the auditory system. Next month I will be discussing this process called Cross Modal Reorganization.

THE CHANGING BRAIN WITH HEARING LOSS:

Link between hearing loss
and cognitive decline



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THE IMPORTANCE OF AN ANNUAL HEARING EVALUATION

- 10% of the population has hearing loss – it is common in the aging process.
- Hearing loss can lead to social isolation and depression.
- Hearing aids can help maintain Brain Reserves.

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Veterans Echoes Serving At High Altitudes

Jeff Gruver loved aviation from an early age. He had model airplanes hanging from his bedroom ceiling at age six and at twelve built his own hang glider. Coupling this with the fact his dad was career Air Force, Jeff naturally gravitated to the Air Force.



Brad Hoopes

Jeff was flying his beloved T-38 supersonic jet trainer when engine trouble caused him to make an emergency landing at Beale AFB. While watching the U-2s there, he was immediately hooked. He applied (the U-2 and Thunderbirds are the only two Air Force programs

that you can't be transferred to, but must apply to) for this elite program and was accepted.

The U-2 is a different plane from most and thus can be difficult to fly. The program itself extracts a great deal of sacrifice from its pilots in that it is physically demanding, dangerous, and the assignments require the pilots to be away from spouses and families for long periods of time. Jeff flew reconnaissance missions (at 70,000ft) throughout the world. One interesting mission had him sitting on the tarmac in Florida. It was the

first shuttle flight after the Challenger explosion, and if this shuttle blew up, he was to take off and fly back and forth through the debris cloud to take radiation readings. He said it was the one day he was glad he didn't fly.

Jeff capped his Air Force career with a 28-year career at United Airlines, where he eventually flew every different aircraft type in their fleet.

Brad Hoopes has a passionate project of preserving the stories of our veterans. To watch Jeff's and other veteran stories, go to: www.youtube.com/@rememberandhonorstories



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.



Could You Have TMD?

Do you suffer from...

Headaches, Earaches, Tender Jaw Muscles, Facial Pain, Clicking or Popping Joints, Decreased Opening of the Jaw, Locking of Jaw (open or closed), Pain behind Eyes, Neck Pain? These aches and pains may be related to the jaw joint, called the temporomandibular joint or TMJ, and the muscles that work to move and stabilize the joint. These painful conditions are called Temporomandibular Disorder TMD.

How the Jaw Joint and Muscles Work

The joints and muscles on each side of your jaw help open and close the mouth. These joints move in many different directions. They allow you to chew, talk and swallow. The two temporomandibular joints are among the most complex joints in the body. They work together in a delicate balance with muscles, ligaments, jawbone and teeth. When a problem prevents these parts from working together properly, pain and dysfunction may result.

Causes of TMD

Misaligned teeth, missing back teeth, Grinding or Clenching, Stress, Diseases that affect the Muscles or Joints, Infection, Jaw or Head Injury, Sleep Apnea, Incorrect Jaw Growth. Treatment for TMD varies and can involve several different phases or modalities.

Screening for Obstructive Sleep Apnea (OSA) is critical because there is a correlation between the two conditions. TMD is often managed rather than cured. Treatment may involve several options to help decrease pain and increase functions

Treatment

Custom Orthotic Devices, Trigger Point Injections and, or Prolotherapy, Orthodontic Treatment, full mouth rehabilitation, nutrition, Physical Therapy, Massage, Botox and Surgery.

Dr Ferrara is a board certified dentist and dental sleep specialist for Implant & General Dentistry of Northern Colorado in Loveland. You can contact her at 970-663-1000. Visit our website at www.implantdds.com.



Elder Law Q & A

Forms of Elder Abuse?



Bill Beyers

This month's article will look at specific forms of elder abuse.

Caregiver Neglect

Neglect affects approximately half of abused elders.

The Department of Justice (DOJ) reports that caregiver neglect is the most highly underreported form of mistreatment.

Older adults residing in community settings and facilities often rely on others to help them with their basic needs. Caregivers help seniors with activities of daily living (ADLs), such as bathing, dressing, getting in and out of bed, managing meals, and taking medications.

When an individual fails to provide for the needs of an adult in their care, whether intentionally or through oversight, the adult in care can suffer dehydration, bed sores, depression, anxiety, worsening health, premature death. Caregivers in nursing homes and private residences can cause harm through negligence, such as dropping a resident when moving in and out of bed, administering the wrong medication, or failing to

provide adequate nutrition.

Mental Abuse

Psychological abuse affects slightly less than half of elder abuse victims. This type of abuse is nonphysical, but it can have a severe impact, often co-occurring with other types of abuse, such as neglect and financial coercion. Caregivers and family members can perpetrate mental abuse.

The following exemplify mental abuse:

- Ignoring or refusing to communicate with an elder
- Yelling at an individual to insult them, put them down, or intimidate them into doing something
- A guardian or surrogate decision-maker forcing their will on an older person
- Name-calling and belittling
- Preventing a senior from seeing friends and family and engaging in community activities

My next article will look at physical and sexual abuse and discuss ways to prevent abuse.

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.



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Pets Are Family Responsible Pet Ownership Month

With February being Responsible Pet Ownership Month, we take a moment to recognize that while the love and loyalty our companions offer are boundless, the responsibilities that accompany pet ownership are equally profound. Embarking on the journey of caring for a pet isn't a temporary commitment; it's a lifelong partnership filled with adventures, laughter, and, yes, a fair share of challenges. As we honor Responsible Pet Ownership Month, let's take a quick look at ways we can be ultimate rock stars for our furry, feathered, and scaled friends!

First and foremost, taking your pet to the veterinarian is a fundamental aspect of responsible pet ownership, and its importance extends beyond just addressing illnesses. A veterinary visit can provide preventive care, early detection of health issues, dental health, nutritional guidance, behavioral consultations, microchipping, professional advice, and more. Establish a connection with a veterinarian



Judy Calhoun

who will get to know your pet over time, and schedule routine visits throughout the year.

Secondly, familiarize yourself with facts, lifestyle habits, and behavioral traits of your pet's specific breed and species, and use that knowledge to best satisfy their needs and desires.

Lastly, proper nutrition and daily exercise help influence the health, longevity, and overall well-being of your pet. Always consult with your veterinarian to tailor a nutrition and exercise plan that suits your pet's specific needs and lifestyle. Daily walks, trips to the dog park, puzzle toys, socialization, treat management, etc. are a few examples of the many ways we can provide enrichment and a healthy lifestyle for our pets.

Pets are family, and to ensure our beloved companions live healthy and fulfilling lives, it is our responsibility, as pet owners, to ensure all of their needs are understood and satisfied. Learn more at noco humane.org.

VA Facilities Offer Many Female Medical Services

Women Veterans, you may be surprised to learn about all VA has to offer. If you haven't checked out VA in a while, things have changed. We recognize each of you are unique and your health care needs are not "one-size-fits-all." That's why VA continues to expand its services, so we can provide you with the best care possible to better fit your needs.

When it comes to your health and well-being, we have you covered. VA is a one-stop-shop where you can receive care coordination for all your health needs in one place. You have access to a full spectrum of gender-specific comprehensive health care at VA, and our Whole Health approach is all about focusing on what matters to you.

Your VA health care coordination includes primary and preventative care, reproductive health, fertility services, maternity care, mental health, and resources for your overall well-being, like exercise, sleep, and nutrition.

We're here to support you in all stages of your life through

gender-specific care (including LGBTQ+ health), preventive care, and general primary care for acute and chronic illnesses. You can receive routine wellness exams as well as cervical cancer screening (Pap tests), breast cancer screening (mammograms), birth control and vaccines.

We understand not every woman's journey is the same when it comes to pregnancy or family building. VA is a trusted partner in discussing sensitive reproductive health topics, such as fertility, birth control, menopause and more.

We also understand women Veterans may face unique mental health challenges and we work to address them directly through evaluation, counseling, and treatment.

Call or text 1-855-VA-WOMEN or visit VA's women's health website at www.womenshealth.va.gov to learn more. If you haven't been using VA's health services, we invite you to give us a chance. And if there's something on your mind, talk to your VA health care team about it. We can most likely help.

We Love Your Paper!

Heard from attendees at every resource fair 50 Plus attends

Larimer County Office on Aging The Benefits of Social Connections

New research suggests more social interaction could be good for seniors' brain health and help prevent dementia. Social isolation can potentially harm brain structure and cognitive performance, increasing risk of conditions like Alzheimer's dementia.

Social interaction is a major part of cognitive development all our lives. Early interactions with parents, peers, and teachers taught us how to speak, express emotions, and learn. Socialization as an adult is just as important in keeping our brains active. Building social networks and participating in social activities are like exercises for our brains. They keep our minds agile and improve cognitive function.

Studies indicate that a lack of quality social interaction can lead to a decrease in the hippocampus's volume, a part of the brain crucial for memory, and poorer cognitive performance. However, maintaining a strong social network could help preserve brain structure, providing a potential preventive strategy for dementia onset.

It's not unusual for social networks to shrink as we age, but there are things we can do to improve the quality of relationships:

- Stay connected with friends

and family to maintain thinking skills as we age.

- Join a club, class, or social group to meet new people. Focus on relationships or activities that you enjoy.

- If you have lost connections, take small steps to start rebuilding.

- Computer-based communication can be useful to help expand your social world, especially with children &

grandchildren. Senior centers and Libraries often offer low-cost computer training classes.

- Volunteer at assisted living or skilled nursing facilities - you can help with activities or one-to-one visits!

- Get involved in your community by volunteering at animal shelters and non-profits or participating in activities or classes at your nearest Senior Center.

The Larimer County Office on Aging can help you find resources in our community, including opportunities for social connection. Call us at (970) 498-7750 or email aging@larimer.org.



Sari Oberndorf

We Care

Governor Polis Delivers 2024 State Address

Colorado Governor Polis delivered his 2024 State of the State address in mid-January, focusing on the issues that matter most to Coloradans like reducing housing costs, expanding access to transit and making Colorado one of the ten safest states.

"I challenge everyone to envision how we want our state to look in 2026 when we turn 150, and I am excited to continue working to achieve these shared goals. This means building more housing options for every budget, expanding reliable transit across the state, and improving public safety throughout Colorado," said Governor Jared Polis. "If this work was easy, it would've been done already. I look forward to saving people money, reducing housing costs, and ensuring Colorado remains the best place to live, work, and raise a family."

Focusing on housing, safety, and education, Governor Polis was

joined by a Coloradan who has benefited from having an accessory dwelling unit on his property, two recipients of Nonprofit Security Grant Awards - who have used funding to make security improvements - as well as two Bright Spot Award recipients.

"The future of our state depends on our ability to work together to deliver real results to Coloradans," said Governor Polis. "So as we prepare for the year ahead, know that the State of our State is strong. When we work together, nothing is beyond our reach."



Governor Jared Polis

Colorado Gerontological Society

Pay Taxes, Buy Food, or Lose Your Home The Dilemma Facing Many Older Adults



Eileen Doherty

Denver, CO. Older adults are concerned about the increases in their property taxes that are due in 2024 for tax year 2023. While the Colorado legislature has taken temporary measures to limit the increase, your taxes may still be more than you can afford.

Colorado offers the Senior Property Tax Deferral Program, but not many individuals have taken advantage of the program. However, more people may need to use the program in 2024, rather than face not buying food or worse, losing their home to a tax sale for non-payment of taxes.

When you apply for the Deferral Program, the state will pay your property taxes and place a lien on your property with interest. The interest rate for 2024 is approximately 4.5%. While some individuals do not want a tax lien on their property, it may be the only way to avoid losing your home to a tax

sale. The lien can be paid when you have the funds or when you sell the home. The lien must be renewed annually.

To apply, you must be age 65 or over and own your home or be paying a mortgage. You must reside in the home (unless you are in a care facility due to ill health). All previous taxes must be paid in full. The total value of all the liens and mortgages must be less than 75% of the actual value of the property to qualify.

The application must be filed between January 1 and April 1, 2024. To check eligibility and apply visit <https://colorado.property-taxdeferral.com/home> or call 833-534-2513.

Homeowners may qualify for the property tax deferral, as well as the senior property tax homestead exemption.

For information, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

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

Genealogy Rocks!



Carol Darrow

The local library in the town or county where your ancestors lived (for 10-100 years) is an excellent place to start your research. This

is the place where your ancestors lived and died, married, had children, paid taxes, bought and sold land. Other researchers are also interested in your family and may have deposited information about your ancestor and his extended family in this library. This is also the most likely place to find copies of local newspapers.

Google.com the county and/or town and state plus "public library" for the address and phone number of the local facility.

The Central Denver Public Library has a wealth of resources available to people doing research about Colorado and Denver. Free indexes are available online with or without a library card. Go to DenverLibrary.org and click on the Research tab. Select "Popular Topics" and then "Genealogy & Obituaries." Here's a partial list of what you'll find:

- 10th Mountain Division (World War II) Name Lookup Index
- 1885 Colorado State Census for Arapahoe County including

the City of Denver

- Arapahoe County Coroner's Reports, 1876-1891 Index
- Calvary (Catholic) Cemetery Lot Purchases, 1889-1893
- Clear Creek Pioneer Index
- Colorado 1861 Territorial Election Voters
- Colorado Directory of Mines by County
- Colorado Divorces, 1861-1941
- Colorado Marriages Index, 1858-1939
- Colorado Obituary Project – 50,000 non-Denver obituary indexes, 1970-1990
- Colorado Statesman Newspaper Index, 1904-1954 of African-Americans
- Denver Marriages, 1940-1974
- Denver Obituary Project, 1913-2016 from Denver Post and Rocky Mountain News
- Douglas County, Colorado, Marriages, 1800-2000
- Mining Fatalities – Colorado 1844-1981 (includes person information, dates, mine name, cause of death).
- Real Pioneers of Colorado – 1,400 names of pioneers in Colorado prior to Feb. 26, 1861

Now think about what information might be available at the local library in your ancestor's home town. Happy hunting!

Carol Darrow teaches free Beginning Genealogy classes via Zoom on the second Saturday of the month. Register at cogensoc.us.

Reflections

What About Those Resolutions?!



Martha Coffin Evans

We're a month into the New Year and, indeed, what about those resolutions?! "I've already broken one," my friend Lynn lamented as we walked into a meeting.

Wondering what he'd done, I asked. "I had a Voodoo donut," he explained.

That led us into a discussion about their type, size, flavors – jelly filled, bacon, maple – for starters.

At that day's meeting, I shared suggested resolutions from Today Is Mind by Leroy Brownlow, a book gifted to me years ago. Shortly afterwards, our leader pointed out I'd already broken a resolution. Hmm, I wondered only to learn Brownlow's "To put first things first" was really the second one instead of the reverse.

The first resolution read "To forget past mistakes and press on to greater achievements." Without having Brownlow to ask about his ordering, it seems with a new year, putting those past mistakes behind us makes sense. We're into another year full of opportunities and achievements should we chose to take and/or pursue them.

Often resolutions focus on diet

and exercise as the most prominent ones. Interestingly enough, of Brownlow's 16 "I am resolved:" neither food nor exercise make the list. Those which do emphasize our own actions such as spending time with another, being a friend

to all, avoiding criticizing others, making work a joy, thinking the best, smiling, looking ahead and keeping moving.

As is his book's format for 365 days, after each daily message, an associated quotation is provided along with a scriptural passage. At the conclusion of the January 1 page, he included a quotation from Benjamin Franklin (1706-1790).

The following words by Franklin offer good advice for us as we consider our own resolutions, whether written or only thought: "Resolve to perform what you ought; perform without fail what you resolve."

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC, can be reached at itsmemartee or on her website martycoffinevans.com.

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Ageism Matters

Taking On Our Inner Ageist



Kris & Sara

Last month, we talked about internalized ageism, in other words, the negative stories we tell ourselves about being our age. These are not just problematic because they are unpleasant. How we think about aging has an impact on how well we age. But, we can change our thinking. The first step is to ask whether your story is accurate. Is this really about age?

Then we can think of more realistic and helpful stories. Over the past few months, we've crowdsourced some common ageist storylines that come into our heads and some alternatives.

Many of us think to ourselves, "I'm too old to start something new." Instead, how about:

"I'm a lifelong learner. I'm curious and I want to know more."

"I'm an expert in adaptation. I have learned so many things throughout my life."

"I'm creative and can do this"
 "I can learn things at any age."
 "I have the resources and relationships to take this on."

Here's another one. If you think, "At my age, this pain is normal and I just have to bear it," instead, try:

"I do not need to accept pain without question just because I am older."

"This is preventing me from enjoying life, so I'm going to ask about options."

"My quality of life matters."

Question your assumptions about aging. Remember that older people can learn new things (research proves it!). Stereotypes and generalizations are limiting and unrealistic and we can tell a better story that helps us all age well.

Learn more on the Internalized Ageism page on our website.

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.

Better Business Bureau

BBB Scam Alert: Responding To That Phony Bank Text Message Could Cost You Thousands

One of scammers' favorite tactics is impersonating a person or organization you know and trust. This time, con artists are impersonating your bank.

How the scam works

You receive a text message that looks like a fraud alert from your bank. It claims there is some unusual activity in your account. It may read: "Bank Fraud Alert – Did you approve a transaction for \$1,000? Reply YES or NO." If you reply to the text, the scammer now knows they have an active number – and a person to scam.

The scam doesn't end there. The scammer will call you to follow up, and the number will appear in the caller ID as coming from your bank. When you answer, the caller claims to be a bank representative who can help stop the fraudulent charges. To do so, you need to send money to yourself using Zelle or another digital wallet app. The caller walks you through connecting the app to your bank account. Then, they ask you to verify the connection by sharing the code your bank sent.

Don't do it! If you give the scammer your verification code, they can set up an account with your phone number and email – but their bank account



Shelley Polansky

information. If that happens, when you send money to "yourself," you're sending money to the scammer. Disputing the charges will be difficult because the scammer has tricked you into approving the transaction. Sending money through a digital wallet app is like using cash, making it hard to get your money back.

How to avoid bank fraud scams

Understand your bank's policies. Know that your bank will never ask you to send money to yourself.

Watch out for fake caller IDs. Scammers can spoof caller ID names and numbers to make you think you are receiving a call from a reputable source.

Never share one-time passcodes. Scammers can use one-time passcodes from your bank or any other company to access your accounts and change information.

Contact your bank if you suspect a scam. If you receive an unsolicited call, text, or email that you suspect is a scam, contact your bank immediately and let them know.

Don't reply to suspicious texts. Ignore any instructions to reply yes or no if you receive an unsolicited, suspicious text message.



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HELP WANTED:

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Wanted

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Stop by! A friendly welcome awaits you. While there pick up the latest edition of 50 Plus Marketplace News.

Good reading to be sure...

Technology is Hip!

This Year's Consumer Electronics Show Promotes AI



Bob Larson

At this year's Consumer Electronics Show (CES) in Las Vegas, the theme promoted artificial intelligence (AI). Many new AI products were shown to provide beneficial services for seniors and all ages. This annual show is one of the most influential tech events in the world. Over 130,000 people including the vendors and buyers attend this event to display or see the latest technical innovations for all ages.

Some of the exciting new AI products for seniors included the voice-controlled Labrador Retriever robot from Labrador Systems, which can assist people to live independently by carrying objects such as food, drinks, laundry, and others around the house. Nobi, the AI-powered smart lamp features the ability to monitor distress indicators such as irregular breathing and coughing. Onward Rides is a ride sharing service for older adults and others who need minor physical assistance. Riders are accompanied by trained and vetted companion drivers who can offer a little extra help to riders

who need a hand. This service is for senior communities, hospitals, and health plans as a healthcare transportation solution.

Other innovative AI products included the Badger by Satellite Displays Inc, which is a closed captioning smart badge used to convert speech to text in real time, in 50+ languages. Ara by Strap Technologies Inc is a wearable, handsfree device with sensors that transcribe the environment, providing blind or visually impaired users with support to move faster and safer throughout their everyday lives.

More innovative products included XanderGlasses™ created by MIT Media Labs, which are smart glasses providing captions for conversations in real-time to help persons with hearing loss. When you can't hear what someone is saying, their glasses let you see what someone is saying in real-time.

Next month, I'll reveal other CES products that will benefit seniors. These are great benefits to make our lives better.

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

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Do you need to apply for a Social Security number (SSN) and card? You can visit www.ssa.gov/number-card to begin the process. You'll answer a series of questions to determine whether you can:

- Complete the application process online.
- Start the application process online, then bring any required documents to your local Social Security office to complete the application, typically in less time.
- Complete the application process at your local office.

If you can't complete the application online, you must visit a Social Security office. To learn more, please review our publication, *Your Social Security Number and Card*, at www.ssa.gov/pubs/EN-05-10002.pdf.

Replace your Social Security card

Want to replace your card? The Card Replacement Screener on our Replace Social Security card webpage at www.ssa.gov/number-card/replace-card helps you determine the best way to do so.

Depending on your situation, you may be able to request

a replacement card without visiting a local office. Choose "Answer a few questions" on the Replacement Card webpage at www.ssa.gov/number-card/replace-card to get started. Even if you can't complete the process online and must visit an office, you can still save yourself time by starting the application online.

Were You Asked to Come into an Office? Here's What You Should Know

If you start the application online and we determine you need to come into an office, you can use our new Online Self-Scheduling option. This option allows you to:

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Happy Valentine's Day!

"We loved with a love that was more than love."

Edgar Allan Poe, "Annabel Lee"
"When you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible."

Nora Ephron, "When Harry Met Sally"
"Nobody has ever measured, even poets, how much a heart can hold."
Zelda Fitzgerald

"Roses are red / Violets are blue / Over and over / I choose you."
Author Unknown

"Love is something sent from heaven to worry the hell out of you."

Dolly Parton
"Without Valentine's Day, February would be, well, January."
Jim Gaffigan

"Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything."

Katharine Hepburn
"I don't go by the rule book ... I lead from the heart, not the head."

Princess Diana
"Love is an irresistible desire to be irresistibly desired."

Robert Frost
"Some people are worth melting for."

Frozen
"Take me to your heart, for it's there that I belong."

Elvis Presley
"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

Lucille Ball

Ron Stern's Travel Series

Evergreen B&B Club: The Best Kept Secret in Affordable Senior Travel



Ron Stern

Seniors seeking affordable lodging options while traveling will love Evergreen B&B Club. For more than four decades, Evergreen Bed and Breakfast Club has been providing seniors affordable accommodations for only \$20 per night. Surprisingly though, many still don't know about this so-called secret that is available to anyone over 50 years of age. They continue to offer comfy digs and a hearty morning breakfast through their vast worldwide network of like-minded fellow travelers.

To enroll, members in North America pay annual dues of \$120 for one year from the joining date. If they live in other countries, then the amount is only \$80 for a full five years. This allows them to travel anywhere and enjoy "non-commercial" bed and breakfast accommodations.

The other requirement is fairly simple. Each member needs to have a spare bedroom or some other type of guest accommodation. They also agree to host when it fits with their schedule and on average, members host 3-5 times per year. As you might imagine,

the types of available homes vary widely and can range from modest to luxurious. They could be in the city, country, mountains or even at the waterfront.

Upon arrival, couples pay the \$20 "gratuity" to their host and \$15 if they are a solo traveler. Stays are informal and after an hour or so of friendly conversation, guests are free to plan outside activities during the day, leaving the hosts to their normal routine. Guests can arrange to stay multiple days upon mutual agreement. Hosts provide clean, comfortable

Composed of retirees, "empty nesters" and others, part of the enjoyment of this club is the opportunity to meet others and learn about each other's backgrounds, interests, hobbies and life experiences. Once they join, access is provided to Evergreen's online membership map and profile guide.

My wife and I recently had the opportunity to try a couple of these recently while on a road trip. We found our hosts to be friendly and gracious and the accommodations spacious and comfy. Best of all, \$20 per night is way better than paying more than \$100 for a "typical" hotel stay.

This was a sponsored visit, however, opinions herein were based on the author's honest opinions.



Evergreen member Barbara Buescher from Gibbon, NE and Kathleen Kavanagh (standing)

Happy Valentines Day

Record Breaking Attendance



While enjoying breakfast and conversation, the P4S members were drawn to the Columbine Health System Video.

Members of Professionals For Seniors gathered in record numbers at their 2024 kick-off meeting. First-time attendees, long-time member attendees, friends and special guests added up to the record-breaking attendance 130 plus!

The event was held at the Drake Center in Fort Collins and superbly hosted by COLUMBINE HEALTH SYSTEMS. A delicious selection of breakfast items were available for the top-notch gathering.

Each member had the opportunity to introduce themselves. The second round members were invited to speak about any events, special programs or just general information they felt other members should know about.

Columbine Health Systems was featured in a video presentation which was appreciated and enjoyed by the P4S members.

P4S is an organization comprised of businesses, agencies, individuals, and organizations dedicated to serving the adult senior community.



Columbine Health Systems team on hand to welcome and warmly greet the P4S in attendance. Hats off to the team!

Information for the 50+ Community

Presidents Day Quotes

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.

Harry S. Truman

We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.

Jimmy Carter

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

John F. Kennedy

If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee.

Abraham Lincoln

“We must work to bind up the wounds of a suffering world — to build an abiding peace, a peace rooted in justice and in law.” —

Dwight D. Eisenhower

“Leadership to me means duty, honor, country. It means character, and it means listening from time to time.”

George W. Bush

“We can’t help everyone, but everyone can help someone.”

Ronald Reagan

“Yesterday is not ours to recover, but tomorrow is ours to win or lose.”

Richard Nixon

“We cannot learn from one another until we stop shouting at one another — until we speak quietly enough so that our words can be heard as well as our voices.”

Gerald Ford



Turn Up the Heat and Flavor for the Big Game

(StatePoint) The trick to achieving tasty BBQ is real smoke flavor. And, to get real smoke flavor, you need quality, natural hardwoods, with or without a pellet grill,” says Levi Strayer of Bear Mountain BBQ, “Start grilling with pellets, and everyone will immediately taste the difference—it’s a game changer.”

With that philosophy in mind, Bear Mountain BBQ ambassador Jennifer Danella is sharing two BBQ winning recipes. Both incorporate the brand’s premium pellets to bring unbeatable flavor to the table.

Sweet Heat Barbeque Wild Turkey Bites

Ingredients:

- 1 boneless, skinless turkey or chicken breast, approximately 2 pounds, cut into 1-inch pieces
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1/2 teaspoon garlic salt
- 1/2 teaspoon black pepper
- 1 tablespoon loosely-packed light brown sugar
- 1 package center-cut bacon, cut in half
- Sliced green onions
- Ranch dressing
- Chef’s Choice or Butcher’s Blend Bear Mountain BBQ Pellets

- 1/2 cup sweet barbecue sauce
- 2 tablespoons buffalo sauce
- 1 tablespoon minced garlic

Directions:

1. Preheat grill to 400 degrees F.
2. Line a large baking sheet with parchment paper.
3. Place 1-inch turkey pieces into a medium size bowl. Sprinkle chili powder, paprika, cayenne, garlic salt, black pepper and brown sugar over top. Mix well.
4. Wrap half a slice of bacon around each turkey piece. Secure with a toothpick and place them onto the parchment paper.
5. Place the baking sheet into your preheated grill and bake for 25 minutes. Meanwhile, combine the barbecue sauce, buffalo sauce and garlic in a small bowl. Brush the turkey pieces halfway through cooking. Brush another layer of sauce five minutes before the cook time is over. Cook until the turkey pieces reach 165 degrees F.
6. Garnish with sliced green onions and serve with ranch dressing for dipping.

Beer Cheese Dip

- Ingredients:
- 1 1/2 cups cheddar cheese grated
 - 1/2 cup gruyere cheese grated
 - 8 ounces cream cheese softened
 - 1 tablespoon Dijon mustard
 - 1/2 of a 1-ounce Hidden Valley Ranch Packet
 - 2 tablespoons green onions chopped.

- 1/4 cup German lager beer
- 2 tablespoons baking soda
- 1 can biscuits
- 1 large egg, mixed with 1 tablespoon water, for brushing biscuits
- 12-inch cast iron skillet
- Bear Mountain BBQ’s Chef’s Choice Blend pellets

Directions:

1. Preheat pellet grill to 350 degrees F.
2. In large bowl, combine 1 cup cheddar, gruyere, cream cheese, Dijon mustard, Hidden Valley Ranch seasoning, beer and 1 tablespoon green onions. Mix evenly.
3. Cut biscuits in half. Roll each half into a ball, then slice an X across top.
4. Boil 2 cups water in medium saucepan. Once boiling, add baking soda and mix immediately.
5. Add biscuits to grill in batches and cook until puffy, approximately 1 minute. Remove and transfer to skillet, forming ring along inside edge.
6. Brush biscuits with egg wash. Sprinkle with salt.
7. Transfer dip to center of skillet. Sprinkle with remaining cheddar.
8. Smoke until biscuits are golden and dip is bubbly, 30-35 minutes.
9. Garnish with remaining green onions. Serve!

As you make your Game Day preparations, head to Walmart, which is carrying a new collection of Bear Mountain’s grilling and smoking pellets. The five exclusive flavors -- Smoky Apple Whiskey, Maple Bourbon Pecan, Chef’s Choice, Butcher’s Blend and Chophouse Blend -- add unrivaled flavor to all grilling and smoking occasions. The collection can also be found online at Walmart.com. For recipe ideas and techniques for adding smoke flavor to your food using any grill, visit bearmountainbbq.com.

To bring your A-game to the Big Game, level up your hosting with mouthwatering BBQ treats.

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Valentine's Day History, Traditions, & Gift Ideas

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honoring a martyr named Valentine. Through later folk traditions, it has also become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Saint Valentines connected to February 14, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer.

Numerous later additions to the legend have better related it to the theme of love: tradition maintains that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution.

While the custom of sending cards, flowers, chocolates, and other gifts originated in the UK, Valentine's Day still remains connected with various regional cus-

toms in England. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were scared of this mystical person.

Today, according to Hallmark, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas).

Valentine's Day is the perfect opportunity to let that special someone know how you feel about them. Whether it be a spouse, a new boyfriend or girlfriend, or a best friend, let these thoughtful gift ideas show them how much you really care:

1. Flowers: A bouquet of roses will stand the test of time, just like your love story. You have two options: Assemble it ahead of time and arrange it in a vase, or do it together during your next at-home date night.

2. A better bath: With a bath basket, you are not only transforming a standard household bathroom into a spa-like retreat, but you are also giving the gift of self-care. Fill the basket with soothing bath oils, fragrant bath bombs, calming soaking salts and aromatic candles.

3. Tickets for two: Two tickets to a special event shows that you are not only paying attention to your loved one's favorite things, but that you also support their interests. Be it the opera, a basketball game, or the concert of a beloved artist, give the gift of a one-of-a-kind date night, and amazing memories.

4. Chocolates: Spell out your love with chocolate truffles. The taste will definitely spell love!

5. More time in the evening: De-

living wholesome, nutritious ingredients and recipes to doorsteps, a meal subscription service takes some of the heavy-lifting out of menu prep and grocery shopping, giving your Valentine more time to spend on personal pursuits.

As you make your Valentine's Day plans, remember that the best gifts will not only dazzle and impress your special someone, but also make them feel cared for and appreciated. Courtesy of Statepoint & Wikipedia.



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Honoring Rosalynn Carter's Legacy by Prioritizing Caregiver

Former First Lady Rosalynn Carter's caregiving journey began early in life, when she helped care for her father when he was diagnosed with cancer. Following his passing when she was 13, and the passing of her grandmother soon after, Mrs. Carter's grandfather moved into the family home to receive care from her mother.

These formative experiences would shape her future policy and advocacy work as a trailblazer for caregivers everywhere.

Many Americans can see their own caregiving journeys reflected in the life of the late Mrs. Carter. Currently, 53 million Americans serve as caregivers to someone who is aging, ill, or living with a disability. Providing care can lead to stress on a person's physical, mental, and financial well-being — often causing major life disruptions, with a third of working caregivers reporting having to leave a job because of their care responsibilities.

The Rosalynn Carter Institute for Caregivers

Mrs. Carter's advocacy on behalf of caregivers led her to establish the Rosalynn Carter Institute for Caregivers (RCI) 36 years ago, at a time when the term "caregiver" was not largely used. Today, RCI is a leading advocate promoting caregiver health and strength. As a Healthy People 2030 Champion, RCI takes action to transform the future of caregiving by building cross-sector partnerships, leading research projects and strategic initiatives, developing and implementing evidence-based

programs, and advocating for systems-level policy change at the state and federal level.

One common finding in RCI's programmatic work and research is that the needs and experiences of caregivers are frequently overlooked. Caregivers are an afterthought. The person needing direct care is often the center of attention in our health care system, leaving the person providing the care in the background, navigating complex systems alone and unsupported.

Because of this, RCI is introducing a new approach to put the needs of those who are providing care at the center. Along with our research partners at Duke University in the Department of Population Health Sciences, we have organized the complexity and variation of care experiences into 9 profiles of caregiving. Understanding the experiences of the care journey will help to strengthen the efficacy of supports. By working across sectors, we can create a more supportive and empowered caregiver experience by expanding and targeting resources, implementing more holistic and responsive policies, and inspiring systems-level transformation.

Ahead of her time as always, Mrs. Carter never used a care recipient's diagnosis to describe a caregiver; she first described what the caregiver was experiencing. These profiles are a path to helping us all see what she always recognized: caregivers are the invisible frontline who are ignored at great risk to our health care system, our economy, and our

communities.

Profiles in Caring

Behind this project to develop Profiles in Caring is the idea that caregivers' needs and experiences must be centered more in conversations throughout a care journey. While recognizing that all caregivers have unique needs and experiences, we found that there are phases of caregiving to which many caregivers can relate.

Using these phases, and the stressors and the goals associated with them, we were able to develop 9 unique profiles to help locate caregivers on the continuum of their care journey:

- Caregivers managing a crisis
- Caregivers adjusting to a new diagnosis
- Caregivers managing active treatment with the care recipient
- Caregivers working on recovery alongside care recipient
- Caregivers managing a static conditions alongside care recipient
- Caregivers managing a decline in illness/condition alongside care recipient
- Caregivers managing a setting change alongside care recipient
- Caregivers caring for someone at the end of their life
- Caregivers in the post-caregiving phase
- Caregivers transitioning from one phase of caregiving to another

These proposed Profiles in Caring are designed to serve as mile markers around which unique resources, needs, goals, and policies concerning caregivers can be organized.

Once fully defined, these profiles could aid:

- Health practitioners to better understand and support caregivers and their experiences
- Organizations serving caregivers to inform their programs and services
- Policymakers at the federal and state levels to strengthen policies, such as the 2022 National Strategy to Support Family Caregivers
- Employers to design and offer benefits that align with specific stages

As the idea of a federal Office for Caregiver Health continues to take shape, these profiles could serve as an initial foundation to grow and centralize resources.

Why It Matters

As Mrs. Carter often reminded us, there are 4 kinds of people: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. Everyone is touched in some way by a care experience, which means our systems of support need to be stronger to help these invisible — yet critical — people who are the backbone of our health care system.

The stress of caregiving can lead to myriad negative health outcomes for the caregiver. The stress and difficulties of caregiving also impact their professional and personal lives. And when a caregiver is not at their best, they can't provide the best possible care.

Caregivers should be able to find support without neglecting their own needs or putting their lives on hold. If successful, these Profiles in Caring will provide a guide to change the system for the benefit of family caregivers based on their needs throughout their care journey.

What Comes Next

RCI and Duke will be working over the coming months to refine this model and test the implementation of the profiles in different sectors. We are eager to drive systematic change for caregivers in this country.

We know that public health practitioners, health care professionals, and policymakers will have valuable input and feedback to further strengthen and implement this model. We encourage you to email info@rosalynncarter.org to learn more about these profiles, our research, and the work of RCI.

Together, we can make a difference in the lives of caregivers across the country. And together, we can honor Mrs. Carter's legacy and the work she left for us to continue.

By Dr. Jennifer Olsen, CEO, Rosalynn Carter Institute for Caregiver



50 Plus Marketplace News

Crossword Puzzle

February 2024
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ACROSS

- 1 The elbow
- 6 Mischievous child
- 9 Stool pigeon
- 13 Caravansary
- 14 Spoken
- 15 Not closed
- 16 Reckless extravagance
- 18 Foretell
- 19 Dip in liquid
- 20 Hawaiian goose
- 21 Ripped
- 22 House rodents
- 24 Standards
- 25 Monetary unit of Macao
- 28 Make into an act
- 30 Big
- 31 Woman in charge of a household
- 33 Electrically charged atom
- 36 Part of verb to be

DOWN

- 1 Serpents
- 2 Emperor of Rome 54-68
- 3 Harvest
- 4 Idiot
- 5 Naught
- 6 Republic in SW Asia
- 7 Clublike weapon
- 8 Wield
- 9 Algae
- 10 Assigns
- 11 Arm again
- 12 Leg joints
- 14 Double curve
- 17 South American Indian
- 22 Magazine
- 23 Frozen water
- 24 Vietnam
- 25 Plot of ground
- 26 River in central Switzerland
- 27 Treasonable
- 28 Whirlpool
- 29 Not
- 31 Hybrid
- 32 To be unwell
- 34 A single time
- 35 Requirement
- 37 Governor
- 40 Whimsical
- 41 Spun by spiders
- 42 Wrath
- 44 Incept
- 45 Empty
- 46 Take as one's own
- 47 Architectural feature
- 48 Told
- 50 Tailless amphibian
- 51 Enormous
- 52 Clock face
- 53 Long ago
- 54 Finishes
- 56 From
- 57 Viper
- 58 Twain