

## Global War on Terror Wall Featured at Veterans Plaza During Memorial Weekend

The Veterans Plaza of Northern Colorado has several key events planned during their annual Memorial Weekend celebration from Wednesday May 22 through Monday, May 27 at their plaza in Spring Canyon Park, 2626 West Horsetooth Road in Fort Collins. This includes the popular Global War on Terror (GWOT) Wall of Remembrance, which is a traveling wall that has visited many places in the U.S. since 2011. The wall will arrive on May 22 and departs on May 28.



Master of Ceremonies Todd Harding will announce many local dignitaries including Plaza

Founder and retired US Army veteran Diggs Brown and Plaza President Gary Ricker (Vietnam veteran). The plaza's proposed new entrance sign will be displayed on a large banner at the plaza compliments of e3 Signs.

Keynote speaker and Major General William Mullins III is a retired officer in the United States Marine Corps. He last served as the commanding general for Training and Education Command. He was deployed in Fallujah, Iraq, in 2007 during Operation Iraqi Freedom. He has co-written a book with Daniel Green called "Fallujah Redux: The Anbar Awakening and the Struggle with Al-Qaeda." General Mullins will address the Memorial weekend audience at Sunday's main event at noon.

Other highlights during the Sunday May 26 celebration will include a three-plane flyover by local veterans, bagpiper and retired Army MSG Marti Mace, raising of the colors, prayer, our National Anthem, Missing Man ceremony, Marine Corps League's Color Guard and 21 Gun Salute, and their soil ceremony at the "Victory Garden" with soils from American victories throughout the world.

Gary Ricker, President of Vet-

erans Plaza explained, "The memorial weekend ceremony at Veterans Plaza honors the service and accomplishments of our veterans, 9/11 victims, and first responders, both living and deceased, and honors their sacrifices given for our country, its citizens, and each other. The Fort Collins Breakfast Rotary Club is sponsoring the "Field of Honor® American Flag Display" which consists of 500 American flags in formation at the Plaza. Hanging on the flags are medallions bearing the names of our community members' heroes."

The GWOT Wall of Remembrance is the only traveling memorial wall paying tribute to those who gave the ultimate sacrifice including the Marine barracks bombing in Beirut, Lebanon, the withdrawal of forces from Afghanistan in 2021, and the victims and first responders who were tragically killed in the 9/11 attack on the Twin Towers and the Pentagon. The GWOT wall lists the victims



who have perished during these tragic events. Wall operator Brian Romans, a Marine veteran, started the Romans Warrior Foundation and is bringing the Wall to Colorado for a second time.

Over 20 veteran related vendors are expected to participate in the celebration. Several vendors include Veterans Honoring Veterans, Rosie the Riveter, Daughters of American Revolution, Military Women's Memorial, Sons of American Revolution, Larimer County Veterans Office, Veterans Administration, Stillwater Ranch, and many other vendors. Food vendors will be available with brats, hot dogs, Mexican food, and kettle corn.

Northern Colorado residents and veterans are encouraged to visit the GWOT Wall during the park's visiting hours and attend the annual Sunday ceremony. Please visit their website: [www.veterans-plazanoco.org](http://www.veterans-plazanoco.org) for more info and their other annual events.

## Fort Collins Announces the 2024 Asphalt Art Project

The City has selected local artist Jess Bean to lead the upcoming Asphalt Art installation at the intersection of Canyon Avenue, Magnolia Street and Sherwood Avenue. Bean currently serves as the executive director of the Fort Collins Mural Project, has extensive experience working on collaborative creative installations and excels in building community through art.

"I really enjoy designing with the intention of volunteers feeling empowered to make more art while creating an engaging piece that fosters a safer intersection for everyone," Bean said.

The Asphalt Art project is scheduled to begin later this summer. The City and Bean will host several public events before the

installation so the community can learn about the project, meet the artist, and offer input on the design concept.

The next community outreach event is scheduled for Thursday, May 16 from 4:30-7:30 p.m. at The Lincoln Center. The event is family-friendly with live music and refreshments.

Asphalt art is a low-cost, quick-build method for creating safe streets by slowing traffic, shortening pedestrian crossing distances, and humanizing our built environment. This project is made possible through a grant awarded to the City by Bloomberg Philanthropies.

We're thrilled to announce Bloomberg Philanthropies has selected our community as the re-

ipient of a grant of \$25,000. This unique program supports projects that use art and design to improve street safety, revitalize public spaces and engage residents.

The grant will fund a project at the intersection of Magnolia, Canyon, and Sherwood near the Lincoln Center, using asphalt art, traffic stripping and plastic curb extensions to slow traffic speeds, shorten pedestrian crossing distances and clarify right-of-way confusion.



## INSIDE

The Ranch  
Page 3

One Shot Norton  
Page 5

Digital Makeover  
Page 7

What Are Your Plans?  
Page 9

# MAY Calendar

## Wednesday/1

Larimer County Office on Aging presents their annual Community Fair from 12:30 to 4:30 pm at The Ranch in Loveland. Come chat with various community organizations that support older adults and their caregivers. Keynote speaker Barbara Bennett from the Larimer County Sheriff's Office will share helpful tips to avoid scams and recognize fraud. The event will conclude at 4:15 p.m. with the heartwarming Older Americans Month Awards, where an Outstanding Senior Volunteer and an Outstanding Family Caregiver will be honored. Call 970-498-7750 for more info.

## Thursday/2

CSU Symphony Orchestra presents "Propulsion" at 7:30 pm at Griffin Hall at 1400 Remington St in Fort Collins. This captivating and dynamic concert, directed by Dr. Rachel Waddell to celebrate the end of the school year. From John Adam's Short Ride in a Fast Machine to Arturo Márquez's Danzón No. 2, these modern pieces are tied together by propulsive rhythms and energy! The program also features one of the 2024 CSU Concerto Competition winners, Quinn Harlow, performing Keiko Abe's Prism Rhapsody for Marimba and Orchestra. Tickets range from \$12 for seniors to \$14 for adults. Call 970-491-2787 for tickets.

## Saturday/18

The Larimer County Genealogical Society has a free hybrid program on "Celebrating the Society's 50th Anniversary" at 10 am in the Prairie Sage one room at the Fort Collins Senior Center. Program includes video highlights of their history, nine past presidents pay tribute, member's cookbook sale, silent auction, and treats. Please register online at [www.lcgsc.org](http://www.lcgsc.org).

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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## Five Common Age-Related Memory Changes

Memory is very important to all of us for obvious practical reasons such as remembering facts and figures for a job, recalling words when you do the crossword puzzle in the morning, or calling to mind directions to places, to name a few examples. Our memories also tell us who we are and where we belong. They help us to connect to people, as we remember our friends and interesting stories from our past to share with our friends.

You may have noticed some memory changes as you have gotten older. Some of these memory changes are normal age changes. In fact, there are many things that you can do to reduce memory errors. Learning some simple ways to modify your memory behavior can help you improve your everyday memory. Here are five examples:

**Memory Change #1: Lack of Attention:** It is harder to focus our attention carefully on the important things and ignore things in the background. We can be distracted by something on the outside (a conversation in the next room, for example) or the inside (thoughts about the next day or the next week). We can "lose our place" in an activity we are doing. All of these changes affect memory.

- 1) Do only one thing at a time,
- 2) Stop outside distractions. Turn off the TV, radio, phone, or other device, and keep others away when you want to do mental work,
- 3) Keep a piece of paper or notebook always handy to make a quick note about any off-topic ideas that come to mind and then concentrate again on what you were doing, &
- 4) Focus your attention on something you want to remember, describe it, make a mental picture of it, or think about what it means to you.

**Memory Change #2: Mental Slowing:** As we get older, our minds tend to work a bit more slowly. Most people notice this change before they are 50 years old. If we are doing something complex that involves several mental steps, we may be especially slow. If we are doing something very familiar or very important, we may not notice as much slowing.

- 1) Take extra time, when needed, to do mental tasks,
- 2) Do not be upset when you cannot learn or remember something quickly,
- 3) If you want your memory to be faster, practice memory tasks that are important to you, &

- 4) If you want to recall something quickly, think about it often so that it becomes very familiar.

**Memory Change #3: Need for Cues:** We need more cues to help us pull specific items out of memory. It might be where we saw a person, what we discussed with them, what they were wearing, all of these are cues connected to that person. Sometimes we attach cues automatically to a specific memory. But as we get older, this may not be automatic.

- 1) When learning something new, think about the cues you could use,
- 2) If you feel blocked when you try to recall information that you already know, think back to where and when you learned it,
- 3) Think about related events, pictures, conversations, or scenes that might serve as a cue,
- 4) Don't stress. Relax and free up your thoughts when you have difficulty remembering the name of a person, place, movie, or book, &
- 5) Try to go through the alphabet or close your eyes and imagine features of that item or person that can be a cue for your memory.

**Memory Change #4: New Learning Challenges:** With age, it often takes longer to master something new. It also takes more effort to learn. We may need to review new information 4 or 5 times before we know it. Things don't "stick" as easily as they did when we were younger.

- 1) Be prepared to make an effort when you want to remember something new,
- 2) Review new items many times,
- 3) Personal meaning strengthens memory, so connect your new item to your life, your knowledge, your feelings, your experience, &
- 4) Stay mentally active. The

more you use your brain on real-world memory activities, the better it will work for you.

**Memory Change #5. Lack of Confidence:** Aging does lead to some declines in memory, as noted above. We may have trouble focusing our attention. It can take longer to learn. Recall can be slower, and more cues may be needed. It is not surprising that these changes often lead to less confidence. Some people even get very anxious about these changes. This anxiety can interfere with memory and make people avoid memory challenges.

- 1) Do not let normal memory changes stress you,
- 2) Do not believe false stereotypes about memory and aging. Instead, focus on your memory potential,
- 3) Practice those memory tasks that you do well, &
- 4) Also, work on tasks that are more challenging for you. The more you practice, the easier these memory tasks will be, and the more confident you will feel.

Sleep, or the lack of it, can also result in memory problems so try to follow good sleep habits such as not consuming caffeine or heavy meals right before going to bed. Mental health issues such as depression, grief, anxiety, or stress can impair memory. Finally, look at the medications you take. Have you noticed any differences since you started taking certain medications?

Examine these various factors first and talk with your health care team about changes you can make that might improve your memory such as exercising regularly, getting enough sleep, and reviewing your medications. Understanding these factors can help you navigate the memory changes you are experiencing.



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Published by  
50Plus Media Solutions, Inc.  
Berthoud, Estes Park, Fort  
Collins, Loveland, & Wellington

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

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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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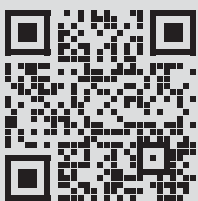
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Hearing loss is the third most common chronic health condi-



Susan Baker

tion in aging adults and affects one in five children to some degree by the age of 18. Relationships between the severity of hearing loss and the severity of ear disease, as well as the relationships between hearing loss and communication, social, and educational deficits in children, make catching hearing loss early a critical healthcare task.\*

Pure-tone audiometry also helps the practitioner rule in or out medical conditions of the ear. If any medical conditions are seen during

the hearing evaluation process, the patient will be referred to an Ear, Nose, Throat (ENT) physician for further diagnosis and possible treatment.

*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.*

\*Source:

<https://www.ncbi.nlm.nih.gov/books/NBK580531/#:~:text=Pure%2Dtone%20audiometry%20is%20the,and%20relative%20ease%20of%20execution.>

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## The Ranch Celebrates New 4H/Youth/Community Arena

Last month, local officials joined the Larimer County Board of Commissioners, 4-H partners and families, and community leaders to celebrate the ribbon cutting ceremony of the new 4H/Community Arena at The Ranch fairgrounds, The Ranch staff and construction partners played major roles in the development and implementation of the new arena.

“We are all so excited to celebrate the completion of this project and open the arena up to our Larimer County community,” said Laurie Kadrich, Larimer County Assistant Manager. “The 4-H, Youth, and Community Arena will serve as a key resource to support the growing need practices, community members, and allow for everything from dog agility and livestock shows to archery and shooting sports in a versatile indoor space.”

The 4-H, Youth, and Community Arena provides a dedicated space for hosting community events, practices and educational opportunities year-round. The arena will introduce new avenues for youth activities to flourish and offer more opportunities for youth to learn, develop and collaborate.

The 41,000-square-foot arena includes:

- A 125-by-200-foot indoor arena, complete with bleachers and storage.
- Classrooms with livestock wash areas and educational facilities.
- Supporting event infrastructure such as concession spaces, restrooms, and lobby areas.

“The new arena gives Larimer County 4-H, CSU Extension and all members of the community room to create new opportunities for connection and learning

at The Ranch,” said Conor McGrath, The Ranch Director. “The facility will be available first and foremost to the community at an accessible rate and will contribute to the growth and expansion of agriculture in Larimer County.”

The 4-H, Youth, and Community Arena will be available for Larimer County 4-H activities in 2024. 4-H events can be booked by contacting Diane Kern at [kernd@co.larimer.co.us](mailto:kernd@co.larimer.co.us). Other community events will be available for booking in 2025.



# 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.**



## Larimer County Genealogical Society Celebrates Their 50th Anniversary

Larimer County Genealogical Society is celebrating their 50th anniversary on May 18th at the Fort Collins Senior Center. Their anniversary party will include a 20 minute video of their society's highlights from 1974 to 2024 followed by an introduction by President Larry Doyle and featuring brief presentations by nine of their past presidents either in-person or on Zoom.

In April of 1974, six women from the local Daughters of American Revolution Chapter met in Fort Collins to discuss the formation of a genealogy society. In May, Articles of Incorporation were formulated for the Larimer County Genealogical Society (LCGS) and approved by the state.

Ten years later, LCGS held its 10th anniversary, sponsored their fourth annual seminar with 77 registered members.

Twenty years later, several genealogy workshops were held at the Fort Collins Family History Center (FHC). There are 112 members registered with the society.

In 2004, several new committees are formed including 30 Year Celebration with the GenFest 2004 seminar, Education and Outreach, Historical, and Standards Com-

mittees, and PAF and Family Tree Maker software study groups were established. Three research books included the Larimer County Marriage Index through 1950, the Divorce Index to 1950, and the Highland Cemetery in Wellington.

The society created the weekly Genealogy Help session in 2009 at the Downtown Library in Fort Collins and the Loveland Library for our members and visitors and continues today.

In 2014, the society had 188 members and celebrated its 40th anniversary, updated website with over 160 webpages, added seven study groups, created the Genealogy Quest TV series, and had an all-day conference featuring national speakers.

They will be offering a 50th Anniversary Cookbook created by their membership, a silent auction of various genealogy and home items, and finally providing an anniversary cake! Visitors are welcome to attend for free to learn about the society and genealogy. Please visit their website at [www.lcgso.org](http://www.lcgso.org) for more details.

We Care

## Elder Law Q & A Finding an Elder Law Attorney



**Will Beyers**

Elder law encompasses a wide range of legal matters that affect older individuals. Attorneys who practice elder law advocate for seniors and execute legal plans to assist them in living better lives.

Their expertise may encompass estate planning, as well as planning for retirement, Social Security, and long-term medical care. This specialty of the legal profession remains crucial for the well-being of this ever-increasing population.

Contemplating financial matters and making long-term life decisions via estate planning can be a difficult and emotional journey. Managing your assets wisely as you age is crucial as you plan to provide for the family members who will survive you.

### What to Ask

To find an elder law attorney who is a good fit, you'll want to ask some key questions. Consider each of the following, tailoring them to pertain to your greatest concerns:

1. How long have you practiced elder law and estate planning, and how much do you charge?
2. What experience do you have drafting estate plans and

3. Do my circumstances warrant a revocable living trust?
4. How long will it take to execute my estate plan?
5. Will my powers of attorney have dementia-specific provisions?
6. Will my documents "ladder" successors or make use of co-agents?
7. How can I keep my critical health care documents portable?
8. What are my best options in planning for long-term care?

Keep in mind that this is not an exhaustive list. For instance, you may have questions related to other areas, such as veterans or disability benefits.

Listen to how an elder law attorney frames their answers in light of your specific situation. This will help demonstrate their knowledge and what it might be like working with them. A sound strategy comes from an attorney who's willing to listen and learn about your family's needs and goals. Partner with someone who offers clear communication, options, and ideas that align with your values.

*Beyers Law LLC is a law firm serving clients throughout Colorado. They specialize in Elder Law, Estate Planning, and Special Needs planning and can be reached at 970-669-1101 or at [www.beyerslaw.com](http://www.beyerslaw.com).*



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## Pets Are Family

### The Importance of Exercising Your Dog

Canine companions bring us immeasurable joy, friendship, and love. As responsible pet owners, it's essential that we prioritize their health and well-being, and one of the most fundamental aspects of caring for a dog is ensuring they get daily exercise.



Judy Calhoun

strengthens the human-animal bond between you and your four-legged friend. Spending quality time together during walks, runs, or play sessions deepens the connection and level of trust, and is an opportunity for shared experiences and mutual enjoyment.

Daily exercise is vital for keeping your dog physically fit and healthy. Just like humans, dogs can suffer from obesity, which can lead to a range of health problems such as diabetes, joint issues, and heart disease. Engaging in daily activity helps to maintain healthy weight, strengthen muscles, and improve cardiovascular health. Consult with your veterinarian to determine the appropriate amount and type of exercise based on your dog's age, breed, size, and health condition.

Plus, regular exercise allows you to better understand your dog's needs, preferences, and behaviors, fostering a closer relationship built on communication and companionship.

In conclusion, regular exercise is essential for maintaining your dog's health, happiness, and well-being. Lace up your shoes, grab the leash, and embark on an adventure together – it's good for both of you! Learn more at [noco humane.org](http://noco humane.org).

In addition to physical health benefits, exercise is beneficial for your dog's mental health. Daily exercise can help reduce stress/anxiety and improve their mood. Additionally, physical activity helps to channel your dog's energy in a positive direction and reduce undesirable behaviors such as excessive barking, digging, unwanted chewing, and even aggression. An exercised dog is most likely a happy dog.

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## Larimer County Office on Aging Office on Aging Community Fair

Services available through the Larimer County Office on Aging (LCOA) are numerous! LCOA serves adults 60 years and older, adults living with disabilities, and their caregivers by helping them understand their options. The goal is to help older adults make their own decisions about their future, including remaining in their homes if they choose. LCOA staff are knowledgeable about community resources and can assist with counseling and education so that a person can make decisions for themselves, or that of a loved one, to achieve their highest quality of life. Support can also be given surrounding the role of family caregivers and caring for yourself while caring for another.



Wendy Schleppey

staff are available to assist with supportive homemaker and chore vouchers that can allow someone to remain in their home as long as possible. Staff can also direct individuals to many other services in the community supported by grants through the LCOA. Many of these services are listed in The Answers on Aging Resource Guide, published annually. The PDF version is available on our website at [larimer.gov/seniors](http://larimer.gov/seniors).

LCOA is here to help with the expected, unexpected, and everything in between! Call us at (970) 498-7750.

*Help us Help the 50+ Community*

## Veterans Echoes

### One Shot Norton

George Norton acquired the nickname "One Shot Norton" during the invasion of Okinawa. George was a gunner aboard the merchant ship SS Josiah Snelling and was credited with shooting down a Japanese Kamikaze plane.



Brad Hoopes

the Pacific on an unstable powder keg, as a 500lb bomb from the plane was later discovered still wedged in its hold.

George loved the Navy and made it a career. His 30-year career spanned the Korean, Cold and Vietnam wars and he rose to the rank of Master Chief. When you see One Shot's veteran cap, it is so loaded down with medals that you wonder how this 98-year-old is able to hold his head up without a neck brace!

Brad Hoopes has a passionate project of preserving the stories of Veterans. You can visit: [youtube.com/@rememberandhonorstories](https://www.youtube.com/@rememberandhonorstories) to view George's and other veterans' stories.

The shots he took in the Pacific were a far cry from the ones he took back in Kansas. They both shared the common thread of being taken in the name of survival though. The drought conditions of the Dust Bowl had killed the family's cattle and George hunted the few rabbits around to provide meat for the family. Wanting to both serve and make for one less mouth at home to feed, he enlisted at age 17.

George was on the Snelling as part of the Navy Armed Guard when a Kamikaze crashed into the ship, showering him with shrapnel. "The shrapnel was so bad that it felt like a thick swarm of bees surrounding me.", said George. One piece hit him in an eye, resulting in a Purple Heart.

The plane's wreckage was cleared out and the ship limped back to San Francisco. They had sailed across



## Spring Time Is Here!



Guests broke away from their networking activities for a photo op.

And, springing into action is the Care, Connect, Collaborate networking group. The recent get together was hosted by Elderhaus in Fort Collins. Executive Director Jenny Langness was on hand to welcome invited guests, present Elderhaus Adult Day Programs overview and provide tours of the

community. The CCC gathering focused on guests sharing information about their business affiliations, networking with one another and just enjoyable conversations. The event was pleasurable in every way. Some fun too?

## Ageism Matters Powered by Connection



Kris & Sara

May is Older Americans Month (OAM). Over the years, themes have changed as society has changed. Ageism as a concept wasn't even coined yet when Older Americans Month was first declared by President Kennedy in 1963.

This year's theme is Powered by Connection, "which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being."

As well as improving our mental and physical health, connection is a way we can reduce ageism, specifically through intergenerational relationships.

During May, take the opportunity to make a connection, whether it's a single conversation or the start of a new relationship, with someone younger or older than you outside of your family. It's good for your wellbeing, and helps create a more age-friendly world for everyone. If you are interested in creating a conversation space, check out the intergenerational conversation

toolkit on our website.

Another way to harness the power of connections is to connect with others who share our age-friendly values. At the recent American Society on Aging conference, we were part of a packed roundtable brainstorm session where groups from around the country came up with ideas for how to use OAM to create age-friendly communities.

So, if you see people or organizations doing anti-ageism work, share with your friends and networks. If you are holding an intergenerational conversation, share the results. If we work together, we amplify the impact.

Together we can make a difference, powered by connection!

*Sara Breindel & Kris Geerken are Co-Directors of Changing the Narrative, [www.ChangingtheNarrativeCO.org](http://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*

## BirdWhistle Townhomes Celebrated New Affordable Homes in Fort Collins

In March and named in honor of Charles and Mamie Birdwhistle, esteemed Fort Collins' citizens, local officials celebrated the new affordable housing development with a ribbon cutting ceremony.

Located in Southeast Fort Collins, the development offers 54 permanently affordable townhomes. Elevation Community Land Trust, in partnership with the City of Fort Collins, State of Colorado Department of Local Affairs, TWG Construction LLC, Federal Home Loan Bank, Larimer County and Colorado Division of Housing, celebrated the new BirdWhistle Townhomes, a landmark affordable housing development in Fort Collins.

BirdWhistle Townhomes pays homage to Charles and Mamie Birdwhistle. Charles Birdwhistle, a decorated veteran of the Spanish-American War, migrated to Colorado during the Great Migration, seeking refuge from the pervasive racism of the Jim Crow South. The Birdwhistles established themselves as pillars of the community, owning a home on Oak Street in downtown Fort Collins and opening their doors to countless Black travelers, gospel groups and scholars.

The Land Bank program ac-

quires sites currently lacking infrastructure, which lowers the price and then waits until development occurs around it. As surrounding projects construct the utilities and streets, the Land Bank property becomes easier to develop. This program ensures a good distribution of land will be available in the future to increase the stock of affordable housing units.

Elevation Community Land Trust (ECLT) is dedicated to creating inclusive communities by preserving affordable housing opportunities for generations to come. Through innovative partnerships and sustainable development practices, ECLT empowers individuals and families to achieve homeownership and build a brighter future.

The City of Fort Collins believes one key to a healthy community is the ability to house its residents in good-quality, affordable housing. The City plays an important role in facilitating the supply of affordable housing, including allocating local, state, and federal funding to housing providers, setting policies and regulations, and coordinating with housing developers and initiatives. Learn more at [www.fcgov.com/affordable-housing](http://www.fcgov.com/affordable-housing).

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

## A Dedicated Group of Folks



The folks are active and passionate about their the services and products they offer and provide to senior adults and their families. They gather monthly to network and share ideas about how best to reach and be of service.

The most recent P4S was host-

ed by Brookdale Mariana Butte in Loveland. Sale Manager Pam Webb and the community staff were on hand to give a warm and friendly welcome to all the members and share about the Brookdale Mariana Butte features.

Tours were available.



## Better Business Bureau Give Yourself A Spring Digital Makeover



**Shelley Polansky**

The weather is warming in some parts of the country, inspiring people to clean up or clear the clutter. The one area many overlook isn't the corner of a room or a forgotten closet; it's the digital device you're reading this article. We use our phones to shop, scroll through social media, bank, and work. The National Cyber Security Alliance (NCSA) and the Better Business Bureau (BBB) remind everyone that when clearing out the physical clutter, there's probably a bunch of digital data clutter that lives on your electronic devices.

If you have a few extra hours or minutes in your day, it may be a good time to give yourself a digital makeover. Taking simple, proactive steps will go a long way in safeguarding against potentially disruptive issues – like identity theft, loss of funds, or credit card fraud – that can cause mayhem by compromising your data.

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

Lock down your login: Security is critical to protecting ac-

counts used for work and home. Ensure passphrases for each account are lengthy, unique, and safely stored.

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

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

Clean up your online presence: When did you last use all the apps on your phone or tablet? Do you know the settings on all social media accounts that check in with friends and family? Check up on all your accounts.

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



Fort Collins

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### Information for the 50+ Community

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**Silverton / Durango Train**  
September 21,22,23

### Travel

To Be Announced  
**The Ark Encounter**  
September 28 – October 6,2024  
\$1225 for 9 days  
**Creation Museum, Ohio Boat Tour, Cincinnati**  
Museum and more!  
South Dakota, Black Hills, Mt. Rushmore  
**Crazy Horse**  
October 7 – 11, 2024  
\$715 for 5 days  
Motorcoach, most meals, ticketed venues, sights and more!  
**Branson Christmas**  
November 10 -16, 2024  
\$1055 7days 10 meals, 7 shows  
More details on flyer!

### Help Wanted

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

### Wanted

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## Technology is Hip!

### How Zoom Has Changed Non-Profit Meetings



Bob Larson

Before the pandemic hit in 2019, many non-profit organizations (NPO) were meeting in person with great attendance. During the pandemic, the same NPOs were struggling as no one wanted to meet in person due to this deadly disease. Some NPOs either disbanded or quit meeting until a better solution was found. Several NPOs used online teleconferencing services, which were either costly or not user friendly. Some services offered video and most offered audio only meetings.

Along came Zoom in early 2020, a new video teleconference service that offered low-cost meeting and webinar services for NPOs, schools, and small businesses. Zoom was an ideal video conferencing service as it was easy to use for all ages using your home computer, tablet, or even smartphone and inexpensive. Most users could add a simple camera to their home computer, and they could easily conference with other users. Many laptops, tablets and smartphones already have the ability to video conference with a built-in camera. Zoom was downloaded over a half billion times in 2020.

During its introduction, sharing documents, slide presentations, photos, and websites became the normal use on Zoom broadcasts for many organizations plus gave the ability for online chat and record the meetings for later viewing. Today, Zoom has added many more features including closed captioning for the hearing impaired, whiteboard demos, breakout sessions, polls or surveys, telephone or audio only access, scheduling, AI assistance, 5 or more GB storage, calendar service, higher security, and enhanced statistics. They now offer four different plans from a free account to large organizations with different features and time limits.

Although there are many competing video services such as Microsoft Skype or Teams, Google Meet, and GoToMeetings, it seems Zoom has done well as a fairly new startup. Zoom is another technology that has helped our planet become more interconnected with each other. Bob Larson is a technologist and Marketing Director for 50 Plus!

## Happy Mother's Day

"A mother is your first friend, your best friend, your forever friend."—Unknown

"Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary – it's an act of infinite optimism."—Gilda Radner

"A mother's hug lasts long after she lets go."—Unknown

"A mother's arms are more comforting than anyone else's."—Princess Diana

"All that I am, or ever hope to be, I owe to my angel mother."—Abraham Lincoln

"Mother is one to whom you hurry when you are troubled."—Emily Dickinson

It's not easy being a mother. If it were, fathers would do it."—The Golden Girls

"When your mother asks, 'Do you want a piece of advice?' It's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."—Erma Bombeck

"I want my children to have all the things I couldn't afford. Then, I want to move in with them."—Phyllis Diller

"If evolution really works, how come mothers have only two hands?"—Milton Berle



### Find Einstein



Can you find the hidden Einstein in this paper?

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## Genealogy Rocks!

### Are Genealogy Societies Needed?



**Carol Darrow**

Focus, focus, focus. That is my mantra for ancestor searchers. Pick one of your grandparents, calculate when they were born, and think

about where they were living in 1950 – the latest census available to us. Enter that information into Ancestry.com. One new quirk on Ancestry: you need to click the “Exact” box under the location.

That first search should locate the person you are looking for. Double check that the person has the correct wife and children. You will need to sort through five or six possibilities but you should have found the person you are looking for.

If you did not find the right person, you will need to reevaluate your original information. Did the man’s wife use an alternate name, e.g., Allie for Alice? Are some children “missing” from the family because they have grown up and established their own homes? Did the person you are searching for actually die before the 1950 census was taken as of April 1, 1950?

If you are successful in finding this ancestor, you are ready

to move backward to 1940 and 1930, then 1920, and back through every census. Next step is to look at marriage records to locate the date, place of marriage and maiden name of the bride. Was the bride a widow? Then her maiden name may be linked to her first marriage.

Now you can search Find-a-Grave.com for both husband and wife. Where were they buried? Is there biographical information including the names of their parents on the FindaGrave page? Did he serve in the military? Are other family members buried in that same cemetery?

Don’t stop until you have developed a clear picture of your ancestor. The clues you gather will help you move back in the family. Magnifying glass optional.

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



## Reflections

### What Are Your Plans?



**Martha Coffin Evans**

Recently, I asked a friend about his plans. He didn’t have an immediate answer having retired the previous day from a multiple-decade career in the financial field.

He and his wife chuckled at the switch of lifestyles. She’s now heading off to work while he’s the one at home. I think that will be a “for the time being” situation until he determines what he’d like to do next. I can’t imagine him remaining “unconnected” for long whether in another vocation, avocation or volunteering capacity.

In an earlier situation, I asked a young man the same question. This happened to be at a collegiate scholarship dinner.

The senior student had an immediate answer. His plans included three things which he quickly explained in a matter of fact manner,

First, I’m getting married. Then, I’m moving to Alabama. Finally, I’m becoming a fire fighter. My curiosity took over as I wondered how he’d determined his three-goal plan.

When I asked about marriage, and, if he had someone in mind, he did. They’d been dating for three years and she felt the same as

he. Okay, that took care of number one.

Why Alabama I asked. With roots in that southern state, perhaps he was more going home rather than striking out for somewhere new.

Since this was a music scholarship dinner, I wondered about the selected profession. His response was to help others. Firefighting would certainly qualify as a helping career.

I found it interesting this young student had his plans well defined, at least in his mind. His direction seemed clear along with being doable. He’ll learn about being a firefighter.

When we graduated, we had our plans or goals in mind. What about our plans in this chapter? We may still be working on that answer. Are you?

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



## A Tribute to Our Veterans, First Responders, and 9/11 Victims

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

The Global Wall on Terror Wall of Remembrance returns to Colorado to honor our veterans, first responders, and 9/11 victims affected by global terrorism. The Wall will arrive on Wednesday, May 22 and departs on Tuesday, May 28.

The official ceremony will begin at noon on Sunday May 26th and weather permitting, will include raising of the colors, prayer, keynote presentation by retired Marine Maj. Gen. William Mullins III, new proposed entrance sign, guest speakers, inspirational observances, a soil ceremony, 21-gun salute, taps and a flyover.

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



for more information, visit: [www.veteransplazanoco.org](http://www.veteransplazanoco.org)

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50 Plus Marketplace NEWS

## Local Resident Receives Outstanding Natural Areas Conservation Award

The Kelly Ohlson Natural Areas Conservation Award was presented to Linda Stanley in March at the Natural Areas Volunteer Appreciation event.

The award honors individuals who have brought about significant victories and contributions to conservation. The inaugural Ohlson Conservation Award is only presented occasionally to recognize especially distinguished people and efforts.

The 2024 awardee, Linda Stanley, has been a proponent of and activist for open space and natural areas conservation for three decades. She was a key leader in four successful ballot measures that have and will continue to bring hundreds of millions of dollars for the conservation of natural areas and wildlife habitat in Fort Collins and Larimer County.

Since the implementation of the 2006 ballot that Linda Stanley was instrumental in writing and passing, Open Space Yes!, almost 24,000 acres have been conserved by City of Fort Collins Natural Areas- which is over half of the total acres conserved to date, funded

by \$133 million in dedicated sales taxes.

The City of Fort Collins Natural Areas Department is pleased to honor such a dedicated champion for natural areas. Linda exemplifies the passionate pioneers, innovators, enthusiastic conservation supporters and distinguished activists that the Kelly Ohlson Natural Areas Conservation Award aims to highlight. Her tireless efforts on behalf of natural areas conservation greatly benefit the community and her work is deeply appreciated.



Linda Stanley and Councilmember Kelly Ohlson

Information for the 50+ Community

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## Social Security Today

### Social Security Eliminates Overpayment Burden for Social Security Beneficiaries

The Social Security Administration announced it will decrease the default overpayment withholding rate for Social Security beneficiaries to ten percent (or \$10, whichever is greater) from 100 percent, significantly reducing financial hardship on people with overpayments.

“Social Security is taking a critically important step towards our goal of ensuring our overpayment policies are fair, equitable, and do not unduly harm anyone,” said Martin O’Malley, Commissioner of Social Security. “It’s unconscionable that someone would find themselves facing homelessness or unable to pay bills, because Social Security withheld their entire payment for recovery of an overpayment.”

The agency works to pay the right people the right amounts at the right time, and Social Security issues correct payments in most cases. However, there is room to improve, as people count on the agency to prevent overpayments from happening and make it easier to navigate the recovery and waiver processes when they occur.

When a person has been overpaid, the law requires the agency to seek repayment, which can create financial difficulties for beneficiaries. As of March 25, 2024, the agency will collect ten percent (or \$10, whichever is greater) of the total monthly Social Security benefit to recover an overpayment, rather than collecting 100 percent as was previous procedure. There will be limited exceptions to this change, such as when an overpayment resulted from fraud.

There will be a short transition period where people will continue to experience the older policy. People placed in 100 percent withholding during this transition period should call Social Security’s National 800 Number at 1-800-772-1213 to lower their withholding rate.

The change applies to new overpayments. If beneficiaries already have an overpayment with a withholding rate greater than ten percent and would like a lower recovery rate, they too should call Social Security at 1-800-772-1213 or their local Social Security office to speak with a representative.

If a beneficiary requests a rate lower than ten percent, a representative will approve the request if it allows recovery of the overpayment within 60 months – a recent increase to improve how the agency serves its customers from the previous policy of only 36 months. If the beneficiary’s proposed rate would extend recovery of the overpayment beyond 60 months, the Social Security representative will gather income, resource, and expense information from the beneficiary to make a determination.

Social Security launched a comprehensive review in October 2023 of agency overpayment policies and procedures to address payment accuracy systematically (See Learn about Overpayments and Our Process | SSA and Press Release | Press Office | SSA). This procedure change is a direct result of the ongoing review. This change and the adjustment to 60-month repayment are part of four recently announced key updates to address improper payments (See Press Release | Press Office | SSA for more information). The agency also is working to reduce wage-related improper payments by establishing information exchanges with payroll data providers that will significantly reduce the number of improper payments, once implemented (See Press Release | Press Office | SSA for more information). The agency will continue examining programmatic policy and making regulatory and sub-regulatory changes to improve the overpayment process.

Additionally, people have the right to appeal the overpayment decision or the amount. They can ask Social Security to waive collection of the overpayment, if they believe it was not their fault and can’t afford to pay it back. The agency does not pursue recoveries while an initial appeal or waiver is pending. Even if people do not want to appeal or request a waiver, they should contact the agency if the planned withholding would cause hardship. Social Security has flexible repayment options, including repayment of as low as \$10 per month. Each person’s situation is unique, and the agency handles overpayments on a case-by-case basis.

33 Years of Service Providing Information for the 50+ Community

## Introducing the Women's Aerospace Network & Space Awards

WASHINGTON – April 18, 2024 – The Women's Aerospace Network is a new organization dedicated to making exploration for all. As the demand for the aviation and space industry continues to play a critical role in the global economy, the organization is poised to support the next generation of leaders in this fast-growing market.

"We believe that by highlighting the achievements of a diverse group of individuals in the field, we will inspire the next generation of leaders to reach higher and explore further," said Holly Pascal, founder of the Women's Aerospace Network.

The organization recently announced the inaugural Women in Space awards to empower women to pursue careers in aerospace with confidence and determination. There are eight categories for nominees including: Leadership, Entrepreneurship, Science & Innovation, Education & Outreach, Student Leadership, Medicine & Health, Business, and Pioneer.

"We've received an overwhelmingly positive response with over 100 submissions from over 20 countries.

The exploration of space has always provided hope for the next generation, and the nominees reflect the incredible progress and innovation happening across the industry today," continued Pascal.

The winners will be selected based on a combination of open voting and through an evaluation panel. The panel includes a diverse set of experts from across the space industry including Meredith Garofalo, Award Winning Broadcast Meteorologist & Space/Science

Correspondent.

"These awards are an exciting opportunity to highlight the incredible contributions and innovations being made by women all over the world," shares Jennifer Rochlis, President & CEO of Advancing Frontiers, Former NASA Division Chief and advisor to the Women's Aerospace Network. "It's thrilling to reflect how much progress is being made advancing space exploration, and I'm excited to meet this first cohort of finalists that are showing us the way."

The submission period is open until May 1st, 2024, and finalists will be announced on May 27th, 2024.

To submit a nomination, visit: [www.womensaerospace.com/nominate](http://www.womensaerospace.com/nominate).

Key Voices Pledging Support for the Women's Aerospace Network

- Jenny Wood, Director, America's Media Operations, Google
- Dana Mehnert, Retired President, L3Harris Communications Systems
- Nima Vadiee, Managing Vice President, Capital One Software
- Josh Perrius, Senior Vice President, Booz Allen Space

About the Women's Aerospace Network The Women's Aerospace Network is dedicated to making space for all. Established 2024, WAN is on a mission to connect, amplify, and inspire a universal passion for aerospace. We welcome all who seek a community based in a shared vision for humanity.

About the Women's Space Awards The Women's Space Awards are awarded annually each spring to honor the outstanding contributions made by women in space.

## Wellington Adopts New Animal Control Services

The Northern Colorado Humane Society is available for animal protection and control services for Wellington for eight hours per day from Thursday through Monday, and emergency services are available Tuesday and Wednesday and after hours seven days per week.

NOCO Humane will now be the first point of contact for Wellington residents when it comes to most animal control issues. Residents should call the NOCO Humane dispatch at 970-226-3647, ext. 7, with typical animal control issues during regular service hours.

Services are also available after hours and Tuesday and Wednesday in situations that are time sensitive or involve a safety or medical risk. In those instances, residents can contact either NOCO Humane dispatch, or Larimer County Sheriff's Department at 970-416-1985. Dispatch staff members with both agencies are trained to direct calls to the appropriate officers and resources for each situation.

Residents can also still contact Wellington's Neighborhood Services Department for code enforcement issues like animal limits, restricted types of animals, and issues regarding the size and location of outdoor animal housing and enclosures. The Neighborhood Services Department can be reached at 970-568-9000 and regular office hours are from 7:30 a.m. to 5 p.m. Monday-Thursday and 8 a.m. to noon Friday.

While the officers are trained to provide education and information first, residents who refuse to follow town rules can still be issued notices of violation or citations. In addition to providing

field services, NOCO Humane will continue to provide animal sheltering services for Wellington, as well. NOCO Humane officers will make every effort to identify and return animals to their owners to avoid a stay in the shelter facility.

When an animal cannot be identified or its owner cannot be contacted to return the animal, it may be taken to NOCO's Larimer County campus and cared for until the owner can be reunited with their pet. When shelter services are needed, owners can expect to pay the fees established and published by NOCO Humane for the services provided, including a license for any unlicensed animals.

In addition to microchipping and adding an ID tag to a pet's collar, licensing an animal is a great way to help animal control officers identify it and get it home without it being impounded. And, in the event of a stay at the shelter facility, the fees charged for licensed pets are less than those for unlicensed pets. For more information about NOCO Humane, visit their website at [www.nocohumane.org](http://www.nocohumane.org).

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# MorningStar Meet & Greet



Invited guests enjoying the company and conversations of each other. Beverages and tasty hors d'oeuvres were readily available for the guests to enjoy; as well!

A great time and fun were to be found at the Old Town Putt where MorningStar Senior Living at Old Town hosted its gathering of businessfriends, associates and other invited guests to hear about the building of excitement at Colledge & Cherry, Fort Collins.

Scheduled to open in the summer of 2024; the new assisted living and memory care communi-

ty is dedicated to creating a true home with a lifestyle of comfort and wellness. MorningStar highlights 55 assisted living suites, 24 memory care suites, restaurant style dining room, Bistro, Theatre/Chapel, Spa, Fireside Patio, and there is more; plenty more of innovative and comfortable lifestyle features. For additional information, please call 970-432-8810.



Back row far left Executive Director Candice Sales and invited guests gather for a photo op.

## Colorado Gerontological Society

### Volunteering Is Good For The Brain And The Community



Eileen Doherty

Individuals who volunteer report greater self-esteem and self-worth. When you volunteer, your brain is stimulated in a way that is different

from any other activity. According to the Mayo Clinic "Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect".

Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people and organizations in need.

But many times, the work of volunteers goes unheeded and unrecognized. During National Volunteer Week, April 21-27, the Colorado Gerontological Society recognized more than 225 vol-

unteers who are actively involved in the telephone buddy program, who deliver holiday baskets, who provide technical support such as computer support, systems analysis, taking older adults to appointments, and many other tasks that contribute to our success. The Society also wishes to thank our many public/private partners. Our partners include: sponsors of the Salute to Seniors, Medicare Monday, and Colorado Senior Resource Guidebook; a statewide network of audiology, optometry, dental, and mental health providers; community based agencies, media sponsors; public policy partners including congressional representatives, legislators; as well as federal, state and local policy makers.

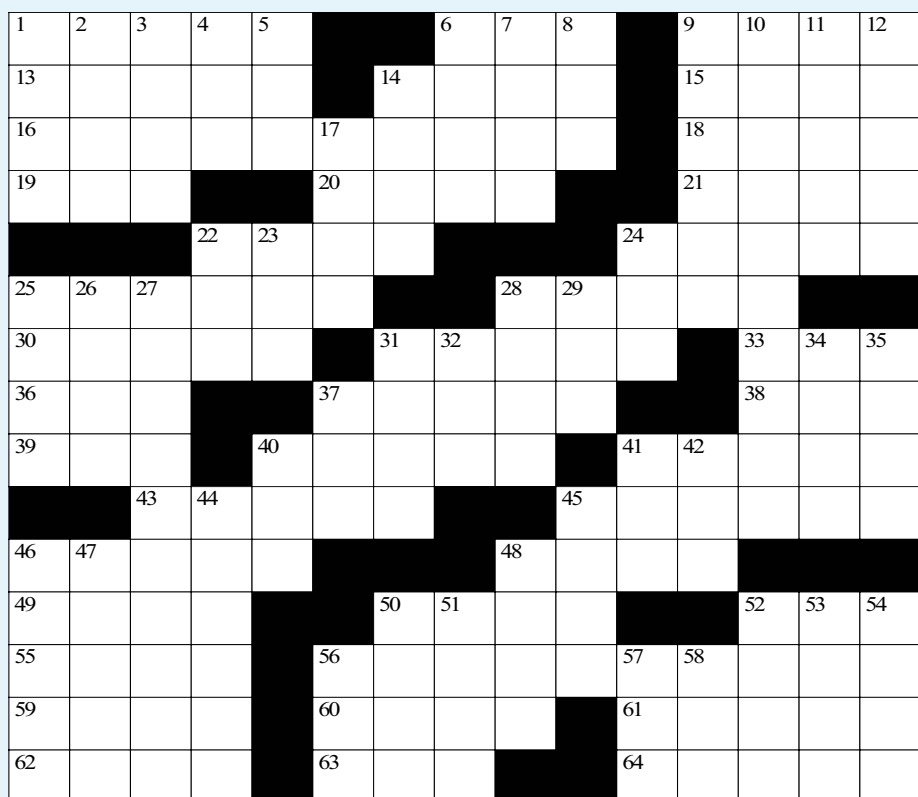
To all of you, we are grateful for the support and commitment to helping older adults in Colorado. Your time and talent has a valuable impact on older adults.

If you wish to join our team of volunteers or partners, call 303-333-3482 or 1-855-293-6911 (toll free).

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

# 50 Plus Marketplace News Crossword Puzzle

May 2024  
Answers page 8



**ACROSS**

- 1 Trust
- 6 Dip in liquid
- 9 Liquid container
- 13 Point in question
- 14 Sector
- 15 Not closed
- 16 Person who leads others
- 18 Brood
- 19 Consume
- 20 Christmas
- 21 Blue-gray
- 22 Seaward
- 24 Buckets
- 25 Sloping letter
- 28 Make into an act
- 30 Cults
- 31 Tree

- 33 Revised form of Esperanto
- 36 Resinous deposit
- 37 Sandy bathing beach
- 38 Food regurgitated by a ruminant
- 39 Large flightless bird
- 40 Republic in central Africa
- 41 Elegance
- 43 Skin of the upper part of the head
- 45 Tentacle
- 46 Escarpment
- 48 Told an untruth
- 49 Detest
- 50 Bloodsucking insect
- 52 Study carefully
- 55 Capital of Western Samoa
- 56 Competitor in a triathlon
- 59 Greek island in the Aegean
- 60 Stick used by a magician

- 61 Containing iodine
  - 62 Sea eagle
  - 63 Diving bird
  - 64 Very little bit
- DOWN**
- 1 Process of combustion
  - 2 Continent
  - 3 Is not
  - 4 Drag
  - 5 Norse goddess
  - 6 Sodium carbonate
  - 7 Singles
  - 8 For each
  - 9 Copper-zinc alloy
  - 10 Not involved in politics
  - 11 Monarchy in the Himalayas
  - 12 Leg joints
  - 14 Ancient town in N Africa
  - 17 Executive Officer
  - 22 High-pitched
  - 23 Sister
  - 24 Average
  - 25 Small island
  - 26 Side
  - 27 Act of accusing
  - 28 Verge
  - 29 Not
  - 31 Cut
  - 32 Organ of hearing
  - 34 Dictator
  - 35 River in central Europe
  - 37 Comrade
  - 40 Move quickly
  - 41 Command to a horse
  - 42 Color
  - 44 Wrinkle
  - 45 Decree
  - 46 Tremble
  - 47 Escapade
  - 48 Metal
  - 50 German Mrs
  - 51 Chain piece
  - 52 To yield
  - 53 Auricular
  - 54 Narrow strip of land
  - 56 Two
  - 57 Belonging to him
  - 58 Cut off

## SPRINGTIME!

"In the Spring, I have counted 136 different kinds of weather inside of 24 hours." - Mark Twain

When one flower blooms, spring awakens everywhere.

"Despite the forecast, live like it is spring"



We Care