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April 2023 • Volume 29 • Issue 4

Madagascar the Musical National Premiere Opens at Greeley's Union Colony Civic Center



Celebrate National Zoo Lovers Day on April 8 with DreamWorks' Madagascar the Musical. The live musical will kick off a 12-week national tour with its only Colorado stop at the Union Colony Civic Center (UCCC) in Greeley.

Tickets for the performance at 7:30 p.m. Saturday, April 8, start at \$32 and can be purchased at UC.Stars.com website.

Join Alex the Lion, Marty the

Zebra, Melman the Giraffe, Gloria the hip-hop Hippo, and those hilarious penguins as they escape from their home in New York's Central Park Zoo. It's an adventure the whole family will love, with new original music, high-energy dance numbers, and colorful characters from the iconic film. This smash hit musical features all of your favorite crack-a-lackin' friends as they escape from their home in New York's Central Park Zoo and find themselves on an unexpected

journey to the madcap world of King Julien's Madagascar. This performance promises to move you with outstanding music and dance routines plus the innovative and colorful choreography!

The Union Colony Civic Center staff is grateful to the Spring 2023 sponsors. Their support allows the UCCC to continue providing the community with world-class entertainment. The Spring 2023 semester sponsors include: Yoder Family of Companies, McDonald Toyota, Double Tree Greeley at Lincoln Park, Pioneer Press, & UCHealth.

The UCCC, 701 10th Ave., is Northern Colorado's premier performing arts venue. It's owned and operated by the City of Greeley. The venue hosts more than 100 events a year. The lineup includes Broadway musicals, concerts, comedy shows, and local dance and school performances.

Easter Quotes

"Easter is meant to be a symbol of hope, renewal and new life"

"The great gift of Easter is hope." Basil C. Hume

"Unless there is Good Friday in your life, there can be no Easter Sunday." Fulton J. Sheen

"The entire PLAN for the future has its key in the resurrection." Billy Graham

"I believe in Christ, like I believe in the sun---not because I can see it, but buy it I can see everything." C.S. Lewis

"I still believe in Santa, the Easter Bunny, the Tooth Fairy and true love. Don't even try to tell me different." Dolly Parton

May the holy spirit of Easter fill your home with hope, love and peace. Happy Easter

"The day the Lord created HOPE was probably the same day He created SPRING." Bernard Williams

Easter Origins & Traditions

No one is 100% sure where the English word 'Easter' came from! In every other European language, the word for the festival of Easter comes from a variation of the word 'Passover.'

One theory is that the word Easter comes from the Anglo Saxon month 'Eostremonath,' which was about the time of April, when the Christian festival was held.

Another theory (and the most likely) is that the term 'Ostern' actually came from an early Latin term for Easter week 'hebdomada alba' (which means 'white week'). So Easter became known as 'Ostern' in German and then 'Easter' in English.

The Passover festival dates about 4,000 years ago when Jewish people remember that God saved them from slavery in Egypt. Jesus celebrated the Passover in the first month of the Jewish New Year (14-15 of the month of Nisan). The

Jewish calendar follows the cycle of the moon, so the date changes a bit every year.

The first Jewish Christians added Easter celebrations to the Passover festival and because Jesus rose from the dead on a Sunday, so Easter Day became the first Sunday after Passover. Easter is celebrated around the same time of year that Jesus was slain at the time of the Jewish Passover festival.

Since its origins, Easter has been a time of celebration and feasting and many traditional Easter games and many customs developed, such as egg rolling, egg tapping, pace egging, cascarones or confetti eggs and egg decorating. Today Easter is commercially

important, seeing wide sales of greeting cards and confectionery such as chocolate Easter eggs as well as other Easter food such as turkey or ham. Even many non-Christians celebrate these features of the holiday while ignoring the religious aspects. Nowadays child entertainers and kindergartens invent various new Easter games, often adapting well-known games to Easter topics, such as word puzzles involving Easter-related words. Courtesy of Wikipedia



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APRIL Calendar

Monday/3

AARP presents a free virtual program on “Fitness: Build Balance and Mobility” at 9:15 am on Zoom. This series of 45-minute mobility classes will focus on exercises that boost flexibility, muscle strength, coordination, balance and heart health with a goal of improving your overall performance of daily activities. Please register to obtain the Zoom info at email: txaarp@aarp.org.

Thursday/6

The Weld County Genealogical Society presents a free monthly program on on different genealogy research topics on Zoom at 6:30 pm. Please register to obtain the Zoom access info at email: wccgs.gene@yahoo.com.

Tuesday/18

AARP presents a free virtual program on “How Protect Yourself Against Scams” at noon on Zoom. This presentation will help you learn how to spot fraudulent activity or attempts to steal money or personal financial information, increase your awareness of the different tactics scammers use to target individuals, and cover the types of information shouldn't be given out over the phone or internet. Please register at email: flaarp@aarp.org.

Thursday/20

The Colorado Gerontological Society presents a free program on “Aging in Place: Living in a Community With an HOA” by Eileen Doherty at noon on Zoom. Join Eileen as she discusses the pros and cons of living in a shared community with an HOA. Please register to receive the Zoom info at www.senioranswers.org/how-to-successfully-age-in-place/.

Thursday/27

The Alzheimer's Assn. presents a free program on “Effective Communication Strategies (virtual)” on Zoom at 11:30 am. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Please register at 1-800-272-3900.

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

50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material 300 words or less are to be emailed to sales@50plusmarketplace news.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

DEADLINE

10th of the Preceding Month

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

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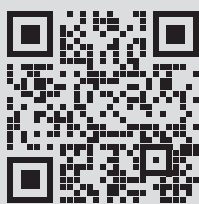
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Veterans Echoes

Thank You For Remembering. Never Forget



Brad Hoopes

The above title of this article is the sign you will see upon entering the proposed Loveland Veterans Plaza. The new plaza will be located at the entrance of the Loveland Sports Park off of Boyd Lake Road.

The idea behind the plaza began when a group of friends, who graduated from Loveland High in the 60's, wanted to enhance a memorial placed at the school by the school's JROTC with a Vietnam-era monument honoring their classmates who served then. That initial idea then expanded to honoring all Loveland veterans who have served, which was embraced by the Loveland Parks and Recreation Dept and led to its present location. The Plaza will not only include that

initial Vietnam-era monument, but also monuments dedicated to all the various conflicts. The projected cost of the Plaza is \$1.4 million with an optimistic completion date of November 11, 2024...Veterans Day.

Organizers have a multi-faceted vision of the Plaza. A location that is educational and informational to the general public. A venue that gives the people of Loveland a place to hold events to honor our military veterans for their service and sacrifice to our country. And lastly, and maybe most importantly, providing a place for remembrance; healing; and sometimes closure for family, friends and veterans.

To learn more about the plaza, please visit the website: www.LovelandVeteransPlaza.org. If you would like to make a donation, you can do so via the website or send checks to: Loveland Veterans Plaza, 1917 River-view Dr. Berthoud, CO 80513



Pets Are Family

How Pets Improve Mental Health



The American Veterinary Dental Society reports that 80 percent of dogs and 70 percent of cats show signs of oral disease by age three.

Maintaining your pet's oral hygiene is an important preventative measure that heads off bad breath, tooth loss, oral pain, and other health conditions caused by dental disease. Many dental issues in pets go unnoticed, so it's important to take a peek in your pet's mouth and check for red/inflamed gums, stained or tartar-covered teeth, and abnormally bad breath. Loss of appetite is also a common sign.

How to prevent dental disease? It's recommended that pets visit the veterinarian for an annual dental check-up. In the meantime, there are preventative actions you can take at home. One of the biggest struggles in maintaining pets' oral hygiene at home is their tolerance level. For most pets, a toothbrush

is a foreign object that they won't tolerate at first. If you have a puppy or a kitten, it's best to familiarize them at a young age. If your pet is older, however, patience, persistence, and positive reinforcement are key.

Clean your pet's teeth at least twice a week. Start by easing into the process. Allow your pet to sniff and lick the toothbrush, rewarding them with treats and praise before attempting to brush their teeth. Once they seem ready, use an adaptable brush that goes over your finger, or a pet-specific toothbrush and toothpaste, to gently brush their teeth. Focus on the gum lines and the back molars - this is where most plaque and tartar build up. Keep sessions short and gentle. Incorporating daily dental chews and dental-friendly diets can help between brushings. Be sure to speak with your veterinarian about dental health solutions that are best for your pet.

Thanks for reading! Visit larimerhumane.org to learn more!



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Loyal Customers and Friends

Michael and Barbara Webb owners of Downtown Subway LLC have announced the March 4, 2023 closing of their very popular Downtown Subway after ten years of serving the Greeley Downtown Greeley Community.

They are retiring and just want everyone to know how grateful they are for all their faithful patrons they have served resulting in wonderful and long lasting friendships. Both Michael and Barbara feel honored and blessed to have been members of the downtown area. They mentioned seeing everyone in other and different settings.

To be sure, Downtown Subway LLC will be missed. May the new chapter in Michael and Barbara's lives them immeasurable joy, peace, love and fulfillment.

*By: Michael Buckley, Associate Publisher
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Elder Law Q & A

What is Hospice Care at Home?



Bill Beyers

Hospice care is a type of health care that patients with terminally ill conditions rely on at the end of their lives. This type of care focuses on pain management and emotional, spiritual, and familial support for patients nearing the end of their lives.

There are several options for receiving hospice care, including being cared for at home. The type of intimate care a patient receives while in hospice is more conducive to being received at the patient's home. This becomes a team effort, and it helps to have a peaceful environment when receiving care.

When Is Hospice Recommended?

Hospice care should not only be considered by those who have loved ones nearing the end of their lives. While most of these services are generally reserved for people with six months or less to live, early hospice care can be beneficial for patients and their families as well.

Who Pays for Hospice Home Care?


Like any other health care option, these services can quickly become very expensive. Fortunately, there are several ways to cover the cost, including – in addition to private payment and private insurance – government programs such as Medicare Part A, Medicaid, and occasionally the Department of Veterans Affairs.

Making this choice is an important part of your end-of-life care plan. Be sure to gather as much information as you can before deciding whether this type of care is best for you.

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.

Who Can Benefit From This Type of Care?

Patients with serious illnesses like cancer, heart disease, dementia, kidney failure, or other fatal conditions benefit from hospice care. This type of care can help the patient live a more comfortable life while decreasing the emotional burden of grief for families by preparing them for the loss of their loved one.



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Greeley Housing Authority

Frontier Access & Mobility Offers Accessible Vans & Mobility Modifications

If you use a wheelchair, getting out and about can be a challenge. Having a wheelchair accessible vehicle gives you great freedom as a passenger or even a driver. If you are not using a wheelchair, but you are looking for other aids or adaptations that allow you to drive, or simply ride in a vehicle more easily, there are many solutions to help.

Many people have mobility issues in their hands or feet that make driving difficult. Mobility driving aids can be added to virtually any vehicle to make it easier for you to operate the vehicle. The addition of a spinner knob to the steering wheel can make steering much easier using one hand. Hand controls can replace foot pedals for those with issues in their feet or legs.

For more complex mobility issues, high tech electronic driving controls be fitted to replace the full gamut of driving functions normally operated mechanically with your feet or hands. For most people, working with an occupational therapist or driving rehabilitation specialist is the best way to source the correct equipment, obtain a prescription when needed, and to access training to learn how to safely operate the vehicle.

If you need to transport your power wheelchair or scooter, a specialized mobility equipment lift may be retrofitted to your vehicle. These lifts are motorized to pick up the device and place it in your trunk, truck bed or back of your van for transportation. Not every vehicle can accommodate the lift. You will want to seek the advice of an adapted vehicle dealer for details.

If you find it difficult to get in and out of your seat, consider replacing the seat with a specialized adaptation seat that swivels, lowers and raises to provide easy access. Seats work in many different models of vehicles.

A transfer seat is an intermediary seat that allows a wheelchair user to transfer more easily from the wheelchair to the vehicle. This may be used for people who use a wheelchair but are able to drive from the standard vehicle seat.

Frontier Access & Mobility has vehicle specialists who can create a solution that will allow you comfort and safety for your transportation needs. We evaluate, install and service vehicle modifications at both our locations, in Fort Collins & Cheyenne. Visit Frontier's website at FrontierAccess.com or call 800-868-7663.



Martha Coffin Evans

we were North Americans.

There, in the Queenstown, NZ TravelLodge dining room, our decades-long friendship began that July. I mentioned about wishing to go skiing too as they were Coronet Peak bound. Although I didn't have appropriate attire, Allan offered a solution. "Use Norma's parka," he said about his wife's jacket.

We traveled the shelf road, reminiscent of Eldora, to that ski field. After a token effort at skiing, we headed back to town. Allan suddenly stopped the car. "Get the Christmas Cake out of the boot," he told son Michael. Sitting there in the middle of the road, we enjoyed our cake and tea amidst the softly falling snow.

Over the decades, we sent calendars – theirs from NZ and ours from either my Colorado or California homes. Soon, visits became added to our incidental meeting, these times

Reflections

An incidental meeting

"May we join your table," we asked the father and young son. Allan, the father, immediately said, Yes. "Are you from Nixon or Trudeau Country?" he queried knowing

with mom Norma and later with Michael as well.

One time, we watched Princess Diana's funeral service in our home before heading to Long Beach to board the Great White Steamer for Catalina Island. We later shared Palm Springs and the Tramway.

After we moved back to my Colorado home, Vail became an added experience. Meeting in Taos, New Mexico later became another adventure.

Over these years, we've shared our friends, vacation spots, stories, meals, miles of laughter, and, Christmas Cake in their Christchurch home. With Norma now gone and Michael, married with two young children, we've still stayed connected.

Recently I called Allan on his 95th birthday. We picked up our conversation as though time hadn't passed.

How fortunate we were to ask to join their table those years ago. You never know where answers will lead.

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

Ageism Matters

What Would a World Without Ageism Look Like?



Janine Vanderburg

Every month, we hold a virtual gathering where we talk about topics related to how to become a less ageist society. At Changing the Narrative, our work is fueled by conversations like these, where we can crowdsource answers to questions and brainstorm new solutions and projects.

Earlier this year, we posed the question, "What would a world without ageism look like?" Ideas covered a range of topics, covering things like: 1) Intergenerational: younger and older people have space and opportunity to interact and support each other; 2) Health & wellbeing: care partners are respected and well paid. Older adults are not seen as expendable and their wellbeing is valued and supported within the healthcare system; 3) Policy: politicians at all levels consider and incorporate the needs and opinions of older adults when making policy; 4) Workforce: retirement is supported, but not required.

Workplaces are focused on training, learning and mentorship for everyone of all ages; & 5) Cultural: older adults are represented in media and advertising more often and in ways that reflect diverse and positive realities.

Having a vision like this is important. To make change, we need to know what we want to achieve. We need to tell and share new stories about what aging really means. Older adults contribute to society in so many ways. We could contribute even more, if it weren't for ageism.

Conversations like these are inspiring and, we hope, motivating. When we come together, we can do much more. You can see a graphic representation of our conversation about a world without ageism on our website and sign up to join the movement and take part in conversations like these.

Janine Vanderburg is Director 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.



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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.



History Museum Exhibit Explores Two Centuries of Camera Technology

The Greeley History Museum's newest exhibit features local artifacts that guide visitors on a journey from 19th century box cameras to today's smartphones.

Many of the exhibit's artifacts contain details about their former owners. A former Weld County judge donated a Kodak Trimprint camera. A Kodak Petite Single-Lens was a 1920s graduation present. One item of interest is the Epplen's Drug Store sign. From 1917 to 1922, this downtown Greeley store sold Kodak cameras and photography supplies. A local resident recovered the sign from under his roof shingles. It had apparently been used to patch a hole, according to museum records.



The exhibit offers an interactive element for visitors. They can browse a large collection of photos from notable Weld County and Greeley photographers. These images range from the late 1800s to the early 2000s.

"Viewfinder: Through the Lens of Time" runs through Jan. 7, 2024, at the Greeley History Museum, 714 8th St.

The Greeley History Museum showcases and preserves Greeley and Weld County's history. The site provides permanent and temporary exhibitions, educational programs, research, and collections. Check out the museum's main exhibit, "Utopia: Adaptation on the Plains." Other galleries feature rotating themes throughout each year.

The Evolution of Cameras

The exhibit starts with the most basic component of photography: recording light. It takes visitors from the earliest recorded history of cameras 2,400 years ago to the breakthrough experiments of the 19th century. The museum's earliest artifact is from 1885 – a No. 2 Bulls-Eye Kodak box camera.

For more information, visit greeleymuseums.com.

Open House Success!

Just recently the Greeley Active Adult Center held an open house for members, staff, management, friends and the general public.

According to Erin Cranston, Recreation Supervisor of the Center, the open house drew more than 250 visitors who expressed their satisfaction and appreciation for the event.

Over 30 vendors specializing in adult senior products, services and providers of valuable information were on hand with displays and representatives to meet, greet and chat with the visitors and to answer any questions they might have. They were kept busy from the opening to closing of the three-hour event.

Open House visitors had opportunities to learn more about the Adult Center's trips, classes, sports and memberships. Tours, Drop-in Activities and games were additional opportunities available for those who attended. Even the vendors were invited to participate if time was available to them. All and all an Open House success!

For more information about the Greeley Active Adult Center, please call 970-350-9440. They'll appreciate hearing from you.



Artwork by: Tori Schoenberr

Do you know these fellas? You would if you saw the Windsor Community Playhouse production of "THE ODD COUPLE Female Version." If not, you missed the fun opportunity of knowing the very, very, very funny and entertaining brothers Manolo and Jesus Castazuela.

Find Einstein



Can you find the hidden Einstein in this paper?

12th Annual Film Festival

The Weld County Area Agency on Aging will host its 12th Film Festival to recognize Older Americans' Month in May.

This year's short films that honor the joys, challenges, and opportunities faced later in life will be shown Tuesday, May 16, 2023, at the Kress Theatre, 817 8th Avenue, Greeley.

The morning and afternoon sessions will show different films, so guests are welcome to attend one or both sessions for an enjoyable viewing experience without duplication of films. The morning session will run from 10:30 am through 12:30 p.m., and the afternoon session will run from 2:00 p.m. to 4:00 p.m. We are excited to announce that we will have a filmmaker, Kathleen O'Neil, of the "IT'S HIP TO BE OLD" film, speaking at the end of the first session. A short discussion of films will follow the afternoon session.

Film is one of the most efficient, entertaining, and engaging ways to highlight and explore cultural issues, including aging. The Academy of Motion Picture Arts and Sciences defines a short film as an original

motion picture with a running time of 40 minutes or less. The viewing selection panel takes considerable time in selecting films that reflect meaningful, life-enriching stories of seniors in various ways, including humor, documentary, and even animation. Don't miss the chance to see these films; they are sure to keep you talking!

Tickets to this day-long film celebration are complimentary, but reservations are required by calling (970) 400-6950. Keep in mind there is a limited amount of seating and this event does fill up fast.

Doors open at 10:00 a.m. and light refreshments will be provided in the lounge.

Hope to see you at the movies!



Visit us on our Facebook page for more news and event information.

Be sure to Like and Follow @50plusnews

Get the Facts on Healthy Aging

Nearly 56 million Americans are 65 and older, with projections estimating that the population of older adults will grow to 94.7 million in 2060. On average, a 65-year old can expect to live another 17 years. For most older adults, good health ensures independence, security, and productivity as they age. Unfortunately, millions struggle every day with challenges such as chronic diseases, falls, physical inactivity, oral health concerns, and behavioral health issues, all of which can severely impact quality of life.

Older adults are disproportionately affected by chronic conditions, such as diabetes, arthritis, and heart disease. Nearly 95% percent have at least one chronic condition, and nearly 80% of adults have two or more chronic conditions.

The leading causes of death among older adults in the U.S. are heart disease, cancer, COVID-19, stroke, chronic lower respiratory diseases, Alzheimer's disease, and diabetes. Multiple chronic diseases account for two-thirds of all health care costs and 93% of Medicare spending. Yet, less than 3% of U.S. health care dollars is spent on prevention to improve overall health.

More than one out of four older adults falls each year. Three million adults 65+ are treated in emergency

departments for unintentional fall injuries each year. As a result of falls, every 11 seconds, an older adult is treated in the emergency room; every 19 minutes, an older adult dies. Falls are the leading cause of fatal and nonfatal injuries among older adults, causing hip fractures, head trauma, and death. Older adults are hospitalized for fall-related injuries five times more often than for injuries from other causes.

The nation spends \$50 billion a year treating older adults for the effects of falls, 75% of which is paid for by Medicare and Medicaid. If falls rates are not reduced, direct treatment costs are projected to reach \$101 billion by 2030.

Regular exercise can help older adults stay independent and prevent many health problems that come with age. According to the 2018 Physical Activity Guidelines for Americans, older adults should do two types of physical activities each week to improve their health aerobic and muscle strengthening. A 2014 study found that 28% of adults aged 50 and over surveyed reported no physical activity, aside from their regular job.

These guidelines recommend that older adults engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic activ-

ity a week and muscle strengthening activities on two or more days a week.

Oral health is important for overall health and well-being, but 35% of older adults have not seen a dentist in the last year. About 17% of older adults no longer have any natural teeth. Of those with teeth, about 16% of older adults have untreated tooth decay, and over 70% have periodontal (gum) disease. Poor oral health can negatively impact chronic conditions.

One in four older adults experiences behavioral health problems such as depression, anxiety, or substance abuse. These problems can complicate the treatment of other medical conditions, reduce quality of life, increase use of health care services, and lead to premature death. In 2020, nearly 14,500 people 60+ died by suicide. Men aged 85+ have a suicide rate that is about four times higher than the rate for all ages.

Nearly nine in 10 deaths from COVID are among people 65 and over, and 70-85% of seasonal flu-related deaths occur in older adults, according to the U.S. Centers for Disease Control and Prevention. While lifesaving vaccines are available, research shows COVID vaccine uptake has slowed among older adults.

The National Council on Aging's (NCOA) Center for Healthy Aging believe that every person has a right to age well and focuses on improving the lives of older adults by producing solutions that address social and behavioral determinants of health and wellbeing. NCOA promotes physical activity, behavioral health, and other evidence-based programs. Article courtesy of National Council on Aging.



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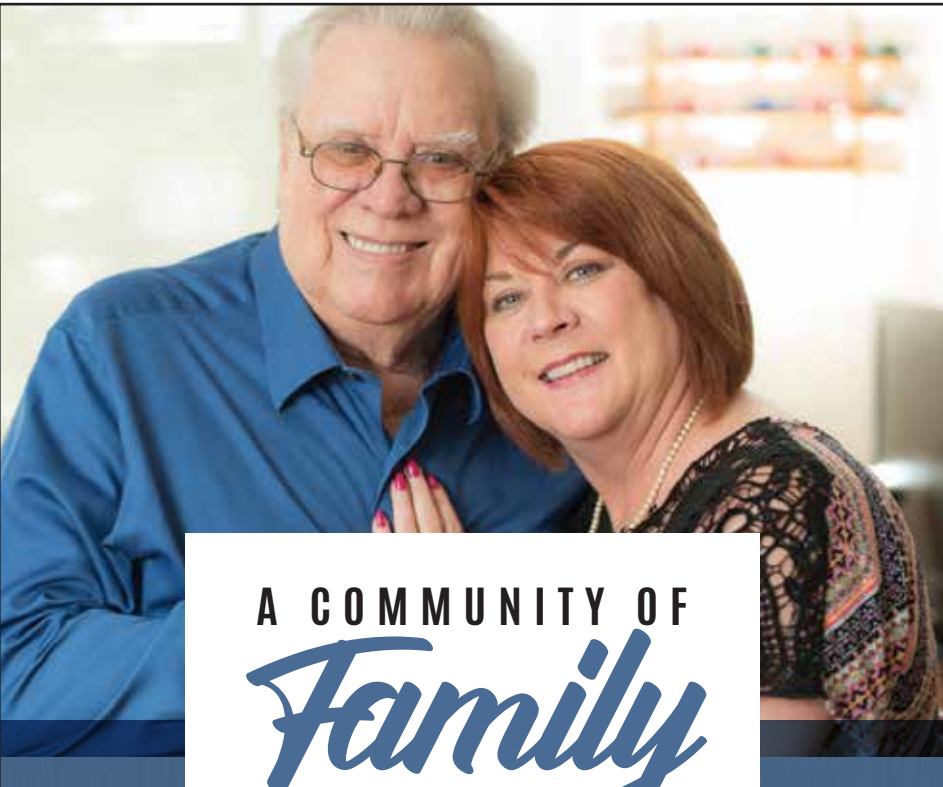
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Social Security Today How We Protect You From Misleading Advertising And Communications

Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. Section 1140 of the Social Security Act allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at www.ssa.gov/OP_Home/ssact/title11/1140.htm.

Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

Here's what you can do:

For example, the OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.
- Charges a fee for a service that

• For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link – and how you came across it.

• For emails and text messages, please capture the entire message and any message links.

• For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.

• For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at oig.ssa.gov. You can also call our fraud hotline at 1-800-269-0271 or send an email to OIG.1140@ssa.gov.

Better Business Bureau BBB Scam Alert



Shelley Polansky

Identity theft is stressful, and it can do tremendous damage to your finances. It's important to recognize the signs early.

Common Signs of Identity Theft

- You receive statements or bills in the mail for accounts you never opened. If you get a bill for an account you didn't authorize, someone may have gotten a hold of your personal information and opened an account in your name. Contact the company immediately to find out if there's been a mistake and check your credit report for unusual activity.
- You notice suspicious activity in your bank account. Unfamiliar charges, new accounts, and withdrawals you didn't make are all signs of identity theft.
- The IRS rejects your tax return. If your tax return gets rejected, someone may have filed in your name and made off with your tax refund. Contact the IRS if

you suspect your tax identity has been compromised.

- The IRS informs you a tax return has been filed on your behalf. Sometimes the IRS catches a fraudulent tax return before the fake filer succeeds in getting your return.

When this happens, you may receive a letter from the IRS with instructions on how you can verify your identity and prevent identity thieves from using your social security number for tax fraud in the future.

- You are suddenly denied medical coverage. Scammers can steal your identity to use your health benefits too. If you get medical bills in the mail, but you haven't been to the doctor, someone may be using up your benefits in your name. The same is true if you are unexpectedly denied coverage. Contact your insurance company to find out if you've been the victim of medical identity theft.

If you suspect you are the victim of identity theft, visit identitytheft.gov to report the matter and get a personalized recovery plan.

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Weld Area Agency on Aging The Importance of Volunteering

There are so many benefits to volunteering. One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Even helping with the smallest tasks can make a real difference to the lives of people and organizations in need.



Holly Darby

Volunteering is a two-way street, as it benefits the volunteer as much as the cause you choose to help.

Volunteering can also provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system.

Volunteering helps you stay physically healthy. Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the

participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease. Helping others sparks happiness, as many studies have demonstrated. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine.

Current volunteer opportunities with the Weld County Area Agency on Aging include learning to lead a Weld Aging Well workshop such as fall prevention, diabetes management, or helping caregivers learn to take care of themselves to name just a few. The Friendly Fork is always looking for friendly volunteers to help serve noon meals at a congregate meal site near you. And I can't miss giving a plug to our partners Meals on Wheels or 60+ Ride, drivers are always needed to help deliver food or take someone to an appointment.

To learn more about the different volunteer opportunities, please call us at (970) 400-6950 or AAAinfo@weld.gov. Volunteer and make a difference in someone's life!

Genealogy Rocks!

Colorado Genealogical Society (CGS) Celebrates 100th Anniversary

The Colorado Genealogical Society (CGS) will celebrate its 100th Anniversary next year. It is the largest and oldest such society in Colorado. It has transformed itself several times over the years. In the beginning it was a tea-time organization meeting in a member's living room. Members had to be voted in to join.



Carol Darrow

In about 1970, new members including Donna Porter introduced classes for members and started the first seminar with an invited speaker. (The current seminar is scheduled for April 29 featuring Judy Russell, CG.) Members helped each other to write letters requesting information from county offices and far-flung relatives.

In about 1990, regular monthly meetings featured speakers who addressed topics such as lineage societies and the process for requesting birth and death certificates.

In about 2005, talk turned to relying on the Internet for all our research. Some questioned the need

for societies when we could "do it ourselves" using FamilySearch.org and Ancestry.com. CGS soldiered on, gaining rather than losing members. People still saw a need for organizations and support of its members as they sought out their family history.

Then in 2020, we could no longer meet in person. How would CGS and the rest of the genealogical community survive? We all found a way through ZOOM, the electronic meeting place that serves not only our members but visitors from all over the country.

Now in 2023, we have to find our way forward. Will we meet again in person or will we be strictly on ZOOM? Is there a hybrid solution that will please everyone? And who will guide us into the future? There must be people willing to work within the organization to plan, execute, teach, finance, and publicize an organization for it to survive. How can you help your organization? Are you willing to volunteer?

Carol Cooke Darrow has been a member of CGS for 20 years. She currently teaches free Genealogy 101 classes and facilitates the WriteNOW genealogy writing group on ZOOM.

Greeley Weld Senior Foundation presents the annual



Hall of Fame

Wednesday, May 17, 2023

1 pm-3 pm

Suggested donation of \$5

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Friendly Fork Daily Menu		
April 2023		
Day	Date	Meal
Monday	3	Grilled Chicken Breast with Gravy, Broccoli/Olive/Sundried Tomato Salad, Orange Slices, Pumpkin Bar, 1% Milk
Tuesday	4	Honey Ginger Chicken Thigh, Jasmine Rice with Sesame Sauce, Roasted Zucchini/Mushroom/Peppers, Mixed Fruit, Almond Cookie, 1% Milk
Wednesday	5	Beef Shepherd's Pie, Garlic Roasted Green Beans, Spinach Red Pepper & Mushroom Side Salad, Assorted Fruit, Carnival Cookie, 1% Milk
Thursday	6	Half Turkey Cheddar Sandwich with Side of Mustard & Mayo, Chicken Ditalini Soup, Mixed Vegetables, Pear, Apple Cranberry Crisp, 1% Milk
Friday	7	Fried Fish Tacos with Cheese, Sour Cream & Pico de Gallo, Brown Rice with Pumpkin Seeds*, Bandito Beans, Banana, 1% Milk
Monday	10	Chicken Noodle Bake, California Blend Vegetables, Apple Slices, Oatmeal Raisin Cookie*, 1% Milk
Tuesday	11	Roasted Turkey Breast with Gravy, Garlic Mashed Potatoes & Gravy, Corn Bread Stuffing, Peas, Mixed Fruit, 1% Milk
Wednesday	12	Beef Lasagna, Garlic Bread, Roasted Balsamic Brussels Sprouts, Diced Pears, Banana Chia Pudding, 1% Milk
Thursday	13	Chicken & Dumplings, Caesar Salad, Honeydew Melon, 5 Layer Dessert Bar*, 1% Milk
Friday	14	Beef Stroganoff with Egg Noodles, Lemon Garlic Broccoli, Apple Slices, Chocolate Rice Krispy Treat, 1% Milk
Monday	17	Sweet & Sour Pork Stir Fry, Brown Rice Vegetable Pilaf, Watermelon Jicama Salad, Bread Pudding, 1% Milk
Tuesday	18	Kansas City BBQ Beef, Brown Sugar Glazed Sweet Potatoes, Cucumber Beet Salad, Melon/Strawberry/Grape Mix, Cranberry Chocolate Oat Bar, 1% Milk
Wednesday	19	Split Pea, Potato & Sausage Soup, Grilled Chicken Sandwich Half*, Side Salad with Oil & Vinegar, Green Grapes, Lemon Crumb Bar, 1% Milk
Thursday	20	Garlic Rosemary Chicken Breast, Black Eyed Pea & Corn Salad, Orange, Chocolate Peanut Butter Brownie*, 1% Milk
Friday	21	Pork Loin with Gravy, Corn Bread with Butter & Honey, Macaroni Salad, Grilled Asparagus, Apple Slices, 1% Milk
Monday	24	Hamburger with Pickles, Tomato, Lettuce, Side of Mustard, Ketchup & Mayo, Roasted Balsamic Brussels Sprouts, Roasted Sweet Potatoes, Honeydew Melon, 1% Milk
Tuesday	25	Marinated Pork Loin, Mushroom Risotto, Peas/Mushroom/Bacon Sauté, Mixed Fruit, 5 Layer Dessert Bar*, 1% Milk
Wednesday	26	Chicken Burrito Bowl with White Rice, Black Beans, Cheese, Lettuce, Pico de Gallo & Side of Sour Cream, Cantaloupe, Pineapple Upside Down Cake, 1% Milk
Thursday	27	Beef Pot Roast, Smashed Potatoes & Gravy, Wheat Roll with Butter, Peas & Carrots, Mixed Fruit, 1% Milk
Friday	28	Chicken Fried Steak with Gravy, Wheat Roll with Butter, Apple Slaw, Roasted Root Vegetables, Watermelon Wedge, 1% Milk



The Greeley Chorale Presents

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featuring Mozart's *Mass in C (Coronation Mass)* plus works by Brahms | Faure | Wilberg | Vaughn Williams | and more!

Saturday, April 15, 7:30 p.m.
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The Greeley Chorale.
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Aspen Club re-opens Greeley office

The Aspen Club is delighted to announce that we have found a new home in Greeley. Many of you may remember, that we vacated our office space during the Covid pandemic to allow expansion of physician practices at the hospital.

Through some creative collaboration, we have found office space in the free-standing emergency room at 6906 West 10th. Entrance is through the main emergency doors, and you'll turn right and head toward the donation center where our offices are located.

Serving our Greeley and surrounding towns remains a priority. We are pleased that we have space again for our Greeley residents, so you don't have to drive to Fort Collins. We are currently open by appointment only.

As we continue to grow, we will keep you posted of new developments. For more information, please call Alan Heileman, Aspen Club/Senior Services Coordinator of Community Programs 970-495-8562.

Weld Aging Well Spring Classes

A Matter of Balance

Learn ways to reduce the fear of falling and break the fear of falling cycle by addressing physical, social, and cognitive factors affecting fear of falling.

Eight weekly sessions 9:30-11:30 a.m. at LaSalle Senior Center from 4/7/23-5/26/23. Call Tyler at (970) 400-6117 to register.

Healthier Living Colorado

Take charge of your chronic condition at a Healthier Living workshop! Learn skills to manage living with a chronic condition(s) like heart disease, depression, stroke, and other

concerns.

Six weekly sessions 1-3:30 p.m. at Riverside Library from 4/14/23-5/19/23. Call Tyler at (970) 400-6117 to register.

Strong People

Maintain and improve strength, flexibility, and balance. Hand weights and legs weights are provided. Learn proper technique and intensity specific for you.

Twelve weekly sessions: 9-10 a.m., 11 a.m.- noon and 5-6 p.m. beginning 4/17/23. Call Tyler at (970) 400-6117 to register.

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 3 days/2 nights
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Garden of The Gods, Royal Gorge and Colorado Springs
 July 31 - August 2 2023
 \$415

Niagra Falls
 September 8-18th, 2023
 11 days/ 10 nights \$1289

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Help Wanted

HELP WANTED:
 Sales and Marketing Assistant to call on Weld County Businesses. 10 to 15 hours a week and set appointments for the Weld 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.

Services

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- September 8/10/2023
- April 9/10/2023
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City of Greeley Active Adult Center Calendar

The Active Adult Center in Greeley offers visitors a chance to connect with friends, make new ones, and participate in a variety of activities, educational classes, sports, and travel opportunities.

Upcoming Events and Classes

Chess

Tuesdays, April 4-25 | 10 a.m.
U.S. Candidate Master, Brad Lundstrom, provides chess lessons for all levels. Beginner players are encouraged to join; the class will be divided into two groups for lessons. Play for fun or join our tournaments.
Fee: \$20 member, \$25 non-member

Computer Users Group

Saturday April 8 | 1 p.m.
Computer User Group of Greeley (CUGG) is a non-profit organization that holds monthly meetings on the 2nd Saturday of each month, and other community activities, that are free and open to the public for education about new and better ways to use and maintain PCs and other digital devices. The format consists of two 40-minute presentations, announcements, and Q&A. More information at <https://cugg.org>
Fee: Free AAC member \$4 non-member

Woodshop Safety Class

Tuesday, April 4
Come and see what the Active Adult Center (AAC) woodshop has to offer. This class will focus on the major pieces of equipment available in the AAC woodshop. The following topics will be covered: general safety procedures for using the woodshop, individual safety procedures on the major pieces of equipment, and hands-on experience with each of the major pieces of equipment (except the lathe). This is for individuals who have limited or no knowledge of wood working tools. This is required for anyone who would like to use the woodshop.
Fee: \$20

Cinema Tuesday

Tuesday, April 25 | 1 p.m.
Roll out the red carpet and join us for the movie "Ticket to Paradise" with George Clooney and Julia Roberts. (A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they made 25 years ago.) No registration is necessary. Concessions will be available for purchase.
Fee: Free

Keenage Singers Choir

Tuesdays, April 4-25 | 9:30-11 a.m.
This wonderful group of choir members practices each Tuesday at the

Active Adult Center. Throughout the year, they travel around Greeley and surrounding areas to sing in local nursing homes, senior living centers, etc. Please call Sheri 970-350-9440 for more information about joining this great group of men and women.
Fee: \$20 member, \$25 non-member
Travel Programs

Rockies Game

Wednesday, April 19 | 11 a.m.
Take me out to the ballgame, as the Colorado Rockies play the Pittsburgh Pirates in this mid-week matchup.
Denver
Fee: \$30 member, \$35 non-member
Registration deadline: April 5

Gabbie Gourmet: Bender's Bar and Grill

Tuesday, April 25 | 5 p.m.
One of Metro Denver's Top Suburban Sports Bars, delight in award winning tasty wings to show-stopping burgers.
Westminster
Fee: \$20 member, \$25 non-member
Registration deadline: April 11

Candlelight Dinner Playhouse: Cats

Thursday, April 27 | 5:15 p.m.
Composed by playwright Andrew Lloyd Webber, this captivating Broadway classic will draw you in

before the first meow.
Johnstown
Fee: \$80 member, \$85 non-member
Registration deadline: April 13

Museo De Las Americas

Wednesday, May 3 | 10 a.m.
This premiere Latin American Art Museum in the Rocky Mountain region celebrates the artistic and cultural achievements of Latin communities.
Denver
Fee: \$30 member, \$35 non-member
Registration deadline: April 19

Plains Conservation Center: Adventure Wagon Tour

Tuesday, May 9 | 9 a.m.
Experience what it was like to be a homesteader in the 1800s as you explore the plains. Watch for wildlife in the landscape from prairie dogs to pronghorn antelope and birds of prey beneath the sky.
Aurora
Fee: \$30 member, \$35 non-member
Registration deadline: April 25

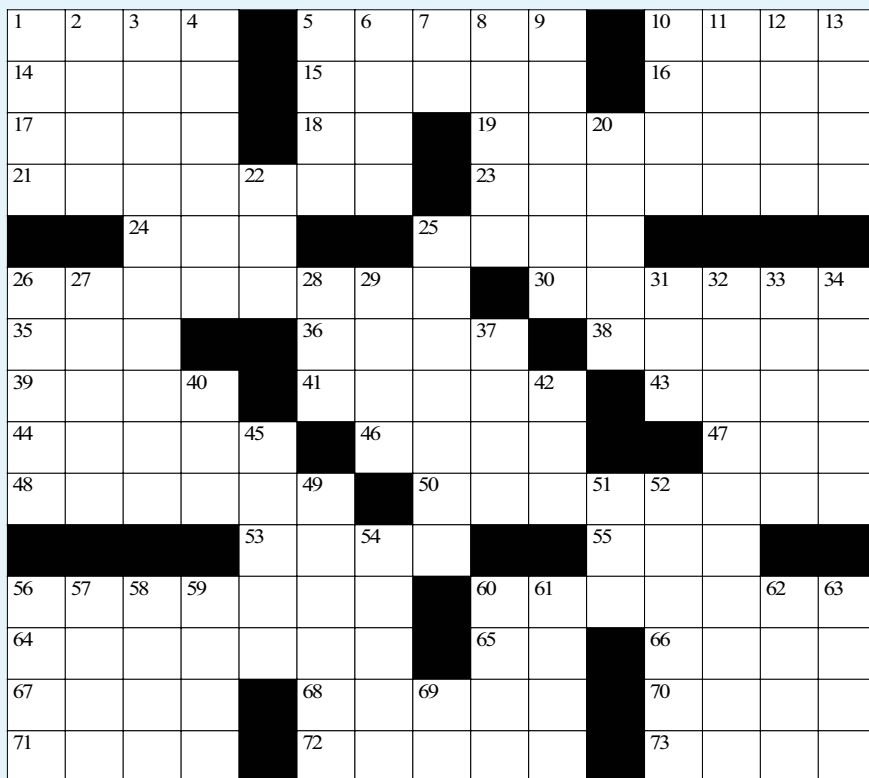
Rocky Mountain Quilt Museum: Wine and Cheese Soiree

Thursday, May 11 | 10 a.m.
Visit the museum and experience a special VIP tour and learn the scope quilting from bed coverings to contemporary art pieces.
Golden
Fee: \$40 member, \$45 non-member
Registration deadline: April 27

50 Plus Marketplace News

Crossword Puzzle

April 2023
Answers page 7



ACROSS

- 1 Probability
- 5 Indian of Mexico
- 10 Literary work
- 14 Extent of space
- 15 Money
- 16 Push with the horns
- 17 Member of mystical Muslim sect
- 18 Otherwise
- 19 Compel
- 21 Georgia
- 23 One-piece bathing suit for women
- 24 Fish
- 25 Rotate
- 26 Air hole
- 30 Leave
- 35 Malt beverage
- 36 Hog sound
- 38 Japanese dish

- 39 Musical group
- 41 Beginning
- 43 Type of gun
- 44 Academy award
- 46 Baseball team
- 47 Floor covering
- 48 Pertaining to the thymus
- 50 Lonely
- 53 First-class
- 55 Long period of time
- 56 Place of extreme torment
- 60 Flat oatmeal cake
- 64 Sterile
- 65 Similar to
- 66 So be it
- 67 Bundle
- 68 Salt of uric acid
- 70 Emperor of Rome 54-68

- 71 Christmas
- 72 Altar stone
- 73 Horse's gait

DOWN

- 1 Kiln for drying hops
- 2 Thrash
- 3 Lack
- 4 Mariner
- 5 Which is the third of the twelve Minor Prophets of the Old Testament
- 6 Japanese sandal
- 7 In the direction of
- 8 Fragrant resin
- 9 Baseless derogatory story
- 10 Ancient Greek coin
- 11 Knitting stitch
- 12 Remarkable
- 13 Let it stand
- 20 Rasping instruments
- 22 Highest mountain in Crete
- 25 Ductile
- 26 Wooden shoe
- 27 Gentle splash
- 28 Dove sound
- 29 Waterfall
- 31 Purulence
- 32 Expert in astronomy
- 33 Catarrh
- 34 Shade
- 37 Game of chance
- 40 Block up
- 42 Cardinal number
- 45 Cheerful
- 49 Poison hemlock
- 51 Even (poet.)
- 52 Having sound
- 54 Mother-of-pearl
- 56 Fool
- 57 Son of Isaac and Rebekah
- 58 Hades
- 59 Fencing sword
- 60 Flying mammals
- 61 Seaward
- 62 King mackerel
- 63 Gnarl
- 69 Prefix meaning without

Get involved and stay up to date with Greeley City Council Meetings. The Greeley City Council meetings are offered in-person or online on the first and third Tuesday of every month. Agendas can be found at <https://greeley-co.municodemeetings.com/>

For more information, about 50+ travel programs and events, visit GreeleyActiveAdultCenter.com



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Technology is Hip! The Future of Web Browsing!



Bob Larson

On a recent 60 Minutes TV program, host Leslie Stahl interviewed several Microsoft executives on their new Artificial Intelligent (AI) Bing web browser. Both executives announced their updated Bing and Edge web browsers the previous week using Open AI's ChatGPT software. According to Stahl, over a million users have tried the new AI Chatbot program with much success! ChatGPT has been on the market for several months.

Besides Microsoft, Google is working on a new Chrome AI browser using Anthropic's Language Model for Dialog Applications technology and Opera has announced their new AI browser using the Access AI-generated Content platform. Even though these are new programs in beta testing, many improvements will be included during the next several months much like the military experiences in new military hardware or software.

Since Microsoft is using the Open

AI platform, they also have acquired a share of this dynamic company and will be using it in their Edge browser as well.

What is interesting about these new AI browser programs is it can literally create a white paper on most any subject from the Internet much like what Wikipedia does in using content from expert writers in any category! Microsoft Bing's program looks at all the different content on the Internet and summarizes it into a detailed white paper.

The educational organizations such as schools, colleges, and universities have a concern that many students will use this new AI platform to write their homework assignments or even a thesis without using their own research and creativity on any subject matter. Law enforcement may have some concerns too on creating scams and fraud using the new AI platform. However, all the web browsing companies have indicated they will prevent abusive use of the new AI web browsers.

This is another great use of technology for the human race! Bob Larson is a technologist and Marketing Director for 50 Plus!

Ron Stern's Travel Series Golden's Table Mountain Inn



Ron Stern

If you've never been to Table Mountain Inn, you owe yourself a visit. A Golden, Colorado, landmark since 1925, this delightful hotel exudes Southwestern charm and hospitality.

Their location in the Rocky Mountains offers spectacular views of downtown Golden, the nearby foothills and Table Mountain. With 74 ample-sized rooms and suites, premium bedding, in-room dining, and locally sourced body and hair products, you can relax in luxurious bliss. My bed was so comfortable, I didn't want to get up in the morning.



The property has adobe-style, Santa Fe decor throughout the lobby, common areas and cantina. Tastefully placed artwork, tapestries, and accents line the corridors and adorn the walls and guestrooms.

One of the most unexpected

things I found here was the cuisine at their Table Mountain Grill & Cantina, which was absolutely fabulous! Using the freshest, locally sourced ingredients, their executive chef takes traditional Southwestern cuisine to a whole other level with his own gourmet touch.

Start with their crowd-pleasing favorite, the tableside flaming asadero cheese appetizer. The presentation alone is worth seeing as the fire shoots several feet into the air, perfectly melting the cheese. Served with green chili relish, pico de gallo, and handmade corn tortilla chips, this a must-have item. You can pair it with any number of their signature margaritas, cocktails, or craft beers.

You might have a hard time choosing between coffee cured short ribs, Rocky Mountain Ruby Trout, enchiladas or fajitas but make sure you save room for dessert. My favorite was the crème brûlée de elote with strawberry and bishochitos but the key lime pie with dulce vida resposado whipped crème was just as delicious.

The staff here is exceptionally well trained. Everyone I encountered greeted me with a smile and authentic western hospitality.

Colorado Gerontological Society Salute To Seniors Returns In-Person May 20



Eileen Doherty

Denver, CO. Back by popular demand, the Salute to Seniors, a favorite expo for older adults is returning in person on May 20 and on May 21 on zoom.

The Salute to Seniors is the longest running statewide expo for older adults in Colorado. The Salute brings together older adults, companies offering services and resources to older adults and great entertainment for the enjoyment and pleasure of the Baby Boomers as well as, their families and friends. The theme for this year is Baby Boomers: When We Were Young.

The Salute to Seniors offers a great opportunity for participants to learn more about the community, where they can turn for help and a stress-free environment to do comparison shopping. Visit over 75 exhibit booths with information in

resources for services and programs.

Entertainment will include music, bingo, and other fun. The Forney Museum of Transportation will be showcasing automobiles from the 1950s.

Joining again this year is Adam Morgan, a broadcast media professional in the Denver area, who will emcee this year's event.

The Salute to Seniors will open at 9:30 am at the Denver Marriott Tech Center, 4900 S Syracuse, Denver. Admission is free. Parking and concessions are free, as well.

RSVPs suggested. Call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish). The Salute to Seniors will also return on zoom on May 21 from 11:30 am to 1:00 pm. Register at www.senioranswers.org.

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



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