

## CU Anschutz Geriatrics & Aging Research Symposium

On October 26, the Multidisciplinary Center on Aging at the CU Anschutz Medical Center hosted their 2023 Geriatrics & Aging Research Symposium in the Donald Elliman Conference Center. Over 250 participants at-



Dr. Cari Levy

tended the all-day seminar. After breakfast, Outreach Director Jodi Waterhouse provided the welcome and opening remarks followed by many professors and department heads of their respective research fields.

During the first hour, the guest speakers included Dr. Cathy Bodine, Director for the Center of Inclusive Design & Engineering, Dr. Alison Lakiin, RN & Associate Vice Chancellor for Regulatory Compliance, Dr. Janine Hig-

gins, Vice Chair for Research, and Dr. Cari Levy, Head of Geriatric Medicine.

Dr. Wendy Kohrt, Director of Research provided the keynote presentation on Successful vs. Usual Aging: the Importance of Research in Defining the Goal. Wendy explained multiple theories of aging including stem cell research to cell delivery systems. Some anti-aging concepts included caloric restriction to over-expression of specific proteins, but none have proved successful. She explained 28% of women on menopause have a relative risk of cancer versus 5% having the actual risk.

The next round of speakers included Dr. Hillary Lum, Associate Professor in Geriatrics discussed giving support to dementia care partners, indicating well over 160,000 caregivers exist in Colorado. Dr. Kristin Pottast in Pharmacy, discussed using aspirin in older adults and what the research has shown, Dr. Huntington Potter, Director of Alzheimer's & Cognition Center, discussed over 6.2 million patients have Alzheimer's and growing with life expectancy of 8 to 10 years after diagnosis, and Dr. Daniel Tollin, Professor of Physiology, discussed basic, clinical, and translational aspects of re-

search in aging.

The Center gave the participants a demonstration of their different fields in hearing, neurology, aging, and a virtual dementia tour.

In addition, multiple aging demonstrations and a virtual dementia tour was provided twice during the seminar.

The lunch keynote speaker, Dr. Emmy Betz, professor of Emer-



Dr. Wendy Kohrt

gency Medicine, who discussed firearm safety and prevention. She indicated 37% of older adults have firearms. In 2019, older adults over 65 years, 92% of 7,000 firearm deaths resulted in suicide. There is now a big push on firearm research and training for older adults.

After lunch, the participants received lightning round pre-

sentations with Dr. Jennifer Stevens- Lapsley, Director of Rehabilitation Science, explained her research in walking fast can predict mortality Dr. Dan Matlock Professor of Medicine, discussed shared decision making with older adults, Dr. Dana Carpenter, discussed improving mobility as we age, & PhD candidate Matthew Sergison, discussed how aging changes hearing.

The final round of lightning round speakers included Dr. Al Bornno. Asst. Professor of Computer Science, discussed wearable technologies for treatment of neurological disorders, PhD candidate Bridget Hoag, discussed aging tissue decline involving cancer, Dr. Achim Klug, Professor of Physiology and Biophysics, discussed changes in the auditory brain contribute to hearing difficulties in noisy situations, and last Dr. Peter Pressman, Associate Professor in Cognitive & Behavioral Neurology, discussed artificial intelligence research in aging.

Overall, the all-day seminar was well received by the participants, who received a multitude of information on aging. Thanks to the staff at CU Anschutz for an excellent seminar!

## Origins of Christmas

Christmas or Feast of the Nativity is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. Christmas Day is a public holiday in many of the world's nations is celebrated religiously by a majority of Christians as well as culturally by many non-Christians and forms an integral part of the holiday season centered around it.

Although the month and date of Jesus' birth are unknown, the church in the early fourth century fixed the date as December 25, which has been adopted almost universally throughout the world.

The celebratory customs associated in various countries

with Christmas have a mix of pre-Christian, Christian, and secular themes and origins. Popular modern customs of the holiday include gift giving; completing an Advent calendar or Advent wreath; Christmas music and caroling; viewing a Nativity play; an exchange of Christmas cards; church services; a special meal; and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly.

In addition, several closely related and often interchangeable figures, known as Santa Claus, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas

season and have their own body of traditions and lore. Because gift-giving and many other aspects of the Christmas festival involve heightened economic activity, the holiday has become a significant event and a key sales period for retailers and businesses. The economic impact of Christmas has grown steadily over the past few centuries in many regions of the world. Article courtesy of Wikipedia.



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# DECEMBER

Calendar

## Saturday/2

**Holiday Lane Drive:** Drive through holiday experience at Island Grove for the whole family with this year's Christmas light show!

## Friday/8 to Sunday/10

The Union Colony presents "The Nutcracker Suite." Join us for Colorado Dance Theatre's 2023 production of Tchaikovsky's iconic ballet The Nutcracker. With dancers gathered from many Northern Colorado dance studios, CDT's own orchestra directed by Russell Guyver, and the Greeley Children's Chorale; Colorado Dance Theatre is proud to present this endearing story of Clara and her magical nutcracker doll who transforms into her Prince and joins Clara on an enchanted trip through the Land of Sweets. Tickets fees are \$35 per person. Buy tickets at UC Colony website at

The Colorado Gerontological Society presents free videos on senior related issues including Medicare, Tabor Refund, etc. at <https://www.youtube.com/@COGerontology/videos>.

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>.

Be sure to watch our weekly holiday musical videos on our website at [www.50plus.news](http://www.50plus.news).

Check individual venues for current information

Calendar sponsored by:  
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## Social Security Today

### Social Security Cost-of-Living Adjustment for 2024

More than 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social

Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to opt out by changing your preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 14, 2023, to receive the 2024 COLA notice online.

"Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting Commissioner of Social Security.

January 2024 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2024 will be higher. The retirement earnings test exempt amount will also change in 2024. Learn more at [www.ssa.gov/news/press/factsheets/colafacts2024.pdf](http://www.ssa.gov/news/press/factsheets/colafacts2024.pdf).

Be among the first to know! Sign up for or log in to your personal my Social Security account today at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Choose email or text under "Message Center Preferences" to receive courtesy notifications.

You can find more information about the 2024 COLA at [www.ssa.gov/cola](http://www.ssa.gov/cola).

## Elder Law Q & A

### Estate Planning for Blended Families



**Will Beyers**

More than 4 in 10 Americans have at least one step-relative in their family – either a step-parent, a step or half sibling or a stepchild -- according to the Pew Research Center. The National Center for Family and Marriage Research estimates that about one-third of all weddings in America create stepfamilies.

A trust case from North Dakota highlights the importance of taking current and potential step-relationships into account when planning your estate.

William and Patricia Clairmont created two trusts for their grandson, Matthew. In both trusts, "the brother and sisters" of Matthew were contingent beneficiaries (meaning they would be the trust beneficiaries if Matthew died).

After the trusts were created, the Clairmonts' daughter, Cindy (Matthew's mother), divorced Matthew's father, Greg, and Greg remarried and had two children with a second wife. In March 2011, Matthew died suddenly and unexpectedly at the age of 25 without a wife, children or a will.

Under North Dakota law, Greg's two children with his second wife

were technically "brothers and sisters" of Matthew and, thus, eligible beneficiaries under the trusts. The Clairmonts argued for an interpretation of the trust that would exclude Matthew's stepsiblings as beneficiaries or, alternatively, for reformation of the trust to include language that only lineal descendants of the Clairmonts could benefit from the trusts.

Ultimately, the North Dakota Supreme Court granted the Clairmonts' petition to reform the trusts based on evidence that the Clairmonts made a mistake of law by interpreting the phrase "brothers and sisters" to include only full blood siblings and based on tes-

timony by the Clairmonts themselves on their intention to benefit their lineal descendants alone.

Although things turned out well for the Clairmonts in the end, it took much time and money to get there. The case stresses the importance of addressing step-relationships and blended families in your estate plan whether or not you are already a member of a stepfamily.

*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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#### DEADLINE

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## Veterans Echoes

### One Last Wish To See His Plane

Air Force Captain Ken Curry was a B-52 pilot in the Vietnam War. He did three tours and flew 157 missions total. During his second tour, Ken's plane was hit by a surface-to-air-missile (SAM) during a mission. It took everything he had to control the disabled plane, but he managed to make an emergency landing at Da Nang Air Base. His actions earned him the Distinguished Flying Cross.

Like so many veterans, Ken's war experiences left him with PTSD. In his quest to get help with it, he joined a support group of fellow veterans. It is a group that has become incredibly close over time. A group that looks out for each other. A group that circled the wagons when Ken began falling further and further into the abyss of Dementia.

In one of the group's visits to Ken, he mentioned that he would like to see his beloved B-52 one



Brad Hoopes

last time. The group acted quickly and decided to visit the static display at the Air Force Academy. There was added meaning to this when it was discovered that plane was one of the actual planes Ken had flown! With Thompson Valley EMS volunteering their services to transport Ken safely, the caravan took off south. It was a trip that was good for both Ken

and the group alike. It was an emotional day.

The plane that Ken brought back safely home that day, now resides in the Air Force Museum in Dayton, OH.

Brad Hoopes has a passionate project of preserving the stories of veterans. To watch the videos of Ken's trip and/or to hear his story, visit: [www.youtube.com/@rememberandhonorstories](http://www.youtube.com/@rememberandhonorstories)



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## Ageism Matters Feeling Bad About Your Age?



Kris & Sara

How do you feel about your next birthday? Sad about getting older? Maybe that's because we need to change the narrative about aging. What if birthday celebrations became a moment of celebration instead of dread?

Birthdays are the one time we all think about aging. So it's a perfect time to stop and think before we reflexively accept the negative messages we often see. The messag-

es in birthday cards may be joking at times, but they reveal a lack of respect for aging. Think about all the humorous cards that are based on the belief that older people are irrelevant, incapable and ugly. Seeing them one at a time, they may seem harmless, but the messages add up.

#### Here's some food for thought:

What we joke about reflects our values. By stopping to think about the messages in birthday cards, we consider whether these values are useful and whether we want to sustain and spread them.

Birthday cards are given in many contexts, including situations where it is clear that ageism is doing damage. For instance, think about giving ageist birthday cards to work colleagues and how that

underscores people's stereotypes and biases.

We keep hearing that people are tired of feeling bad about their age. So, let's show the world that our birthdays are a time to celebrate. Two suggestions:

Give cards that celebrate aging. What we buy tells sellers what messages we want.

Are you on social media? Post a picture and add the hashtag #notafraidofmybirthday.

Learn more about ageism and how to get involved on our website.

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.



## Technology is Hip!

### Recycling Needs More Emphasis!



Bob Larson

According to the U.S. Environmental Protection Agency in 2022, 34% of Americans recycled most everything including plastic paper, glass, cardboard, glass, retired electronic devices, and various metals. Some citizens even recycle paint, toxic materials, and outdated prescription drugs, provided landfills or recycle centers accept them. Thirty-eight percent of Americans recycle the more popular items while 20% don't recycle anything! However, this has dropped from 42% in 2019. This is a big improvement since the 1960s when existing landfills were destined to be closed, but now are being extended another 20 to 50 years because of recycling.

Interestingly, less than one-sixth of all waste is really recycled as many plastics cannot be recycled very easily. Each ton of recycled paper saves an estimated 17 trees.

If we recycled all newspapers, we could save over 250 million trees each year to be used for new homes and buildings. Most Americans will use at least seven trees each year in wood, paper, and oth-

er types of products. Americans use over 2 ½ million plastic bottles every 30 minutes, and most of them are thrown away rather than recycled. Millions of plastic bags are dumped into the ocean, which kills over a million sea creatures a year. All these items should be recycled to save our planet!

One of the primary reasons that recycling is promoted worldwide is to reduce the strain on the environment. Recycling can simultaneously contribute to improving the environment, the economy, sustainable manufacturing, and preventing waste from polluting both terrestrial and marine environments. The benefits of recycling are significant, which is why many countries support this practice and encourage their citizens to recycle their household or business waste.

All major cities in Colorado have recycling centers or weekly recycling pickup by the garbage collection companies. Coloradans: lets get on board with the recycling program to protect our planet's environment and extend our landfills! Bob Larson is a technologist, photo-journalist, and our Marketing Director.

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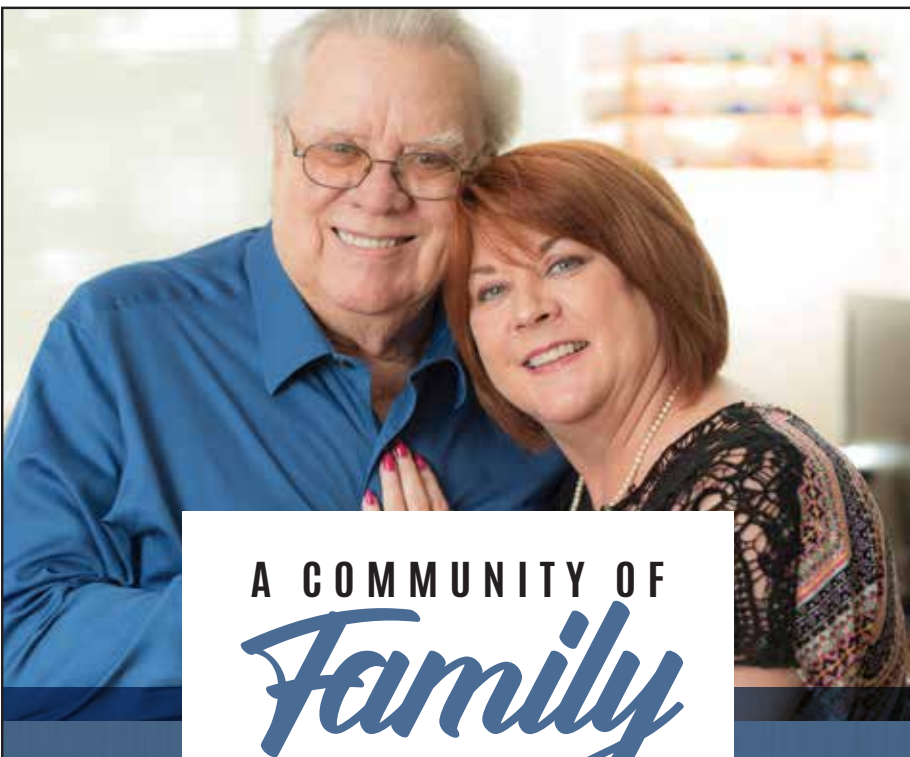


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## Reflections

### To Wrap or Not

The season of giving is upon us. With it comes the question whether to wrap gifts or not. Not all need wrapping.

One year, a red snow blower, with matching bow, appeared on our front porch courtesy of the children. It has lasted well

through many storms providing relief for what would have been a tired back.

Cars on occasion may display a big red bow provided by the sales person. While removed before leaving the lot, this unwrapped gift can provide many safe, pleasurable miles.

As we accumulate our share of "stuff," perhaps asking for an experience might replace "one more thing." Experiences can come in the form of trips to different locations whether new or favorites. Tickets to sports events, theater, concerts or other musical productions may appear as requested items on the "All I want for...list." Memories from these experiences become long-lasting ones often shared over the years.

Many unwrapped gifts are intangible. Giving of one's time and



Martha Coffin Evans

talent provides a welcome gift to organizations. Calling to check on how a person is doing whether after surgery or a loss shows compassion and understanding. That's especially true if the path is a common

one. With the cost of a stamp, sending a Congratulations, Sympathy, Thinking of You or Get Well card can brighten the recipient's day.

Establishing scholarships for a friend, favorite professor or loved one keeps their memory alive. The financial award given to the recipients can help in countless ways. Learning the significance of the scholarship becomes a gift to the giver. "I couldn't have done this without you," shows its value.

I received the gift of a life-time friendship years ago. While its impact wasn't known then, we'll be celebrating it on our websites early next year. Take a look.

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates LLC, can be reached at *ismemartee*. Find her other writings on *martycoffinevans.com*.





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## Trains and Christmas A Family Tradition

For generations there has been a Christmas tradition to have a model train under the Christmas tree. In today's economy along with the difficulty of finding model trains in standard retail stores and having limited space in homes, this tradition is getting more difficult to continue. At the Colorado Model Railroad Museum, we understand the desire to keep traditions alive and have created an environment where grandparents can bring their grandkids to enjoy trains during the holiday season.

The Colorado Model Railroad Museum was opened in 2009 by entrepreneur David Trussell who wanted to create an immersive model railroad experience to bring joy to people through the hobby. The museum delights visitors from around the world all year, but there is something special about Christmas and trains. The holidays bring out the child in us all and the museum has added many family-themed events this year.

Kick off the season at the museum with a visit from Santa on Saturday, November 25th, from 10am -1pm and then enjoy Downtown Greeley's WinterFest events with shopping in downtown Greeley and Light Up Lincoln which is the lighting of Lincoln Park. The

next weekend, on Saturday, December 2nd, the CMRM celebrates National Lionel Trains Day with activities for everyone. Santa will be at the museum a few more times - Dec 9th from 10am-1pm, Dec 22 from 5-7pm and Dec 23 from 10am -1pm and 5-7pm. Call to reserve your visit with that jolly elf!

The Museum is hosting Grandparent's Weekend December 16-17th, where the museum is offering grandparents \$2 off admission when they mention "50 Plus Marketplace News" at check in. Let the parents do their holiday shopping while you enjoy our miniature wonderland with your favorite kids!

For the holidays, there are additional museum hours during the Christmas Break with the museum being open daily, beginning December 19th - 31st, except for Christmas and New Years Day. Please check the website at [www.cmmr.org](http://www.cmmr.org) for details about all events. Christmas Eve and New Year's Eve we are open 10am - 2pm.

All through December there are fun events in downtown Greeley which can be found on [www.greeleydowntown.com](http://www.greeleydowntown.com) under special events.



## Senior Weekend December 16 & 17, 2023

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## Merry Christmas! Happy Hanukkah!

Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it "white." ~Bing Crosby

My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that? ~Bob Hope, American film actor and comedian.

Hanukkah is a great time to give thanks for all the miracles of life.

The lights of the Hanukkah menorah that we kindle in our homes are a reminder both of the Menorah in the Temple in Jerusalem and the light that shines brightly within each one of us. ~Libi Astair

Mail your packages early so the post office can lose them in time

for Christmas. ~Johnny Carson  
May you have a warm and happy Hanukkah.

I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph. ~Shirley Temple

Wishing you joy at Hanukkah.  
Wishing you a Festival of Lights filled with peace and prosperity.

Wishing you all the blessings and joys of Christmas and a bright year ahead.

Yes, it's been said, many times, many ways, but we still mean it just as much! Merry Christmas

Whatever you're celebrating this season, may your festivities be full of joy.

## Meet Genelle Davis

"Genelle Davis grew up in Fort Collins. She has lived in Windsor since 2014 with her two children and plenty of fur-babies. She loves Northern Colorado and feels strongly that it takes a community to care for our most vulnerable citizens. Genelle received her Bachelors of Marketing and Masters of Healthcare Administration from CSU and has been working with Seniors for 16 years in various job descriptions and prides herself in meeting the job responsibilities at different levels of care.

Genelle is thrilled to be the new Community Relations Director



at Windsong Memory Care in Greeley and is excited to share the philosophy of Dr. Camp's Montessori Program to all those she connects with."

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# CHANTICLEER

Friday, January 26, 2024 | 7:30pm

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**COMMUNITY** UNITE.



## Veterans Recognized And Honored

The Greeley Active Adult Center in cooperation with Good Samaritan Society Fox Run and Shelby Boyce representing Cigna

Everyone joined in to sing GOD BLESS AMERICA!

Michael Buckley shared a humorous military story and followed



Guests having breakfast and waiting for the program to begin.

with two poems citing the price our military has paid serving our country and safekeeping our Freedom. We often hear "All gave some. Some gave all." Never shall we

forget! out did themselves in sponsoring and hosting quite an impressive veteran's appreciation breakfast. A hearty and delicious breakfast too!

McKenzie Atchley opened the morning program sharing a poem honoring veterans. Sheri Lobbmeyer asked everyone to join her in the Pledge of Allegiance. Breakfast was then served.

The program continued with the honoring of GAAC Veterans particularly those in attendance. The branches of service were announced. Those in that branch stood, were recognized and presented a Certificate of Appreciation.

The Greeley Singer Band provided entertaining music and song.

On a lighter note, drawings were held for door prizes, some hand-made; all of which were donated. Lots of winners. Lots of fun!

Sheri Lobbmeyer gave closing remarks and expressed a sincere thank you to everyone for coming.



Michael Buckley, 50 Plus Marketplace News Associate Publisher & Sheri Lobbmeyer, Recreation Coordinator II served as co-hosts & appreciated the opportunity to do so. Had fun too!

## Weld Area Agency on Aging Assistance, Advocacy, Answers on Aging



**Meredith Skoglund**

The Aging and Disability Resource Centers (ADRC) across the country seek to address the frustration many older adults encounter when trying to access resources. We believe in easy access to services to allow an individual to remain independent and in their home for as long as possible.

The Weld County Area Agency on Aging Information and Assistance line aims to serve Weld County residents 60 years of age and older and ages 18 and over with a disability. While visiting

your loved ones this holiday season, if you notice them struggling to find resources or in extra need of help, the information and assistance line is a non-emergency phone line to help individuals navigate community services and supports. Services and supports can range from transportation, peer counseling, home delivered meals, in home Medicaid programs, legal assistance, caregiver support, housing options, food assistance, adult financial programs, referral to veteran services and Medicare counseling, and many others.

Contact the Weld County Area Agency on Aging information and assistance line at 970-400-6952 or email at [AAAInfo@weldgov.com](mailto:AAAInfo@weldgov.com).



Did I hear BINGO? Yes, you did! If you were recently with this group of folks having BINGO Fun at the Greeley Active Adult Center. Playing BINGO is a favorite pastime at GAAC. BINGO is played every Thursday getting underway at 1:00 p.m. So, plan to have some BINGO fun. Here is a little play secret. You can play more than one card... The fun is at Greeley Active Adult Center. Just maybe, just maybe you'll be treated to a bag of popcorn. Tasty and delicious!

## Do You Suffer With Neuropathy?

Do you have or know someone who has these symptoms?

- Cramping
- Numbness
- Chronic Pain
- Fibromyalgia
- Restless Legs
- Hurts to Walk
- Neuropathy Itch
- Prickling/Tingling
- Diabetic Nerve Pain
- Sharp Electrical Pain
- Burning/Freezing Pain
- Hypersensitivity Sheet Feet
- Balance Problems/Coordination Issues
- Chemotherapy Induced Peripheral Neuropathy



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Balance Testing	Value: \$100
Dr. Althoff's Book	Value: \$15

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1040 Walnut St. • Windsor, CO 80550

**970-686-6833**

\*Medical and Federal restrictions may apply.





## Colorado Gerontological Society

### Loneliness vs Being Alone



**Eileen Doherty**

Denver, CO. As we approach the holidays, many individuals face the dilemma of being alone, as well as feeling lonely. For many of us, the holidays are supposed to be the time to spend with family and friends or a time when we are socially connected.

First, let's be clear. Being "alone" is a time when you are physically by yourself. No one is in the room or your home with you. Sometimes, we want to be alone and are happy to be by ourselves. It gives us time to think, to put our thoughts in order, or to accomplish a task or a series of tasks.

But individuals who live alone, often spend many hours without talking or interacting with other individuals.

Loneliness and disconnectedness can easily be confused with being "alone," when we live alone, especially among older adults. Yet, living alone does not necessarily result in loneliness.

To manage loneliness, it is im-

portant to build positive relationships which result in resiliency. Resilience is the ability to bounce back after stressful situations, such as feeling lonely. Resilience is strengthened when you give and receive support to other individuals. Connecting with people who have a positive outlook strengthens your resilience. People with a positive outlook make you laugh, help you face difficult situations, and give you skills to face life's challenges.

Thus, being alone is simply that. No one is with you in the moment. Loneliness is an emotional state, when you experience stress and emotional distress. Resilience and kindness reduce the feelings of loneliness.

For more information about loneliness, being alone, kindness, and resilience join us for a virtual presentation on December 7 at noon. To register, visit [senioranswers.org](http://senioranswers.org), or call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

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

## Genealogy Rocks!



**Carol Darrow**

Where are you on your genealogical journey? What are your goals and how do you calculate your progress?

Beginners should be

learning how to use Ancestry.com and FamilySearch.org efficiently and effectively. Start with just one person – your grandmother, perhaps – and trace her from the 1950 census backward through 1940, 1930, 1920, and 1910. When did she marry your grandfather? Was that her first marriage? Then you should identify her parents and her brothers and sisters. That group of family names taken together identifies her as a unique individual. Then you are ready to move backwards to 1900, 1880, and perhaps even 1870 with her parents and their parents.

Did grandmother's family immigrate into the U.S. between 1820 and 1920? Where was the port of entry – New York, Baltimore, New Orleans? Can you find them on a passenger list? Did the men go on to get naturalized as U.S. citizens? Naturalization would have produced more records.

Did grandmother's family fight in the Civil War? If they were born between 1835 and 1848 in the South, they most likely did fight. If they lived in Union states, they may have served but only for short periods. Fold3 and Ancestry.com may offer the answers.

Where did they live and how did they get that land? Was it a cash sale from the federal government? Check [www.glorerecords.blm.gov](http://www.glorerecords.blm.gov) by state and your family surname. Did they purchase the land from people living in the county? Familysearch.org, Catalog by state and county, has copies of the land records.

What was their final resting place? You can use [www.findagrave.com](http://www.findagrave.com) to locate family members including children who may have died as infants.

Record your findings as you find them on Family Group Sheets (one for each couple) along with the source of the information. At this point you have graduated from beginner to family historian.

*Carol Cooke Darrow is a Denver-based professional genealogist who teaches classes throughout the area and facilitates the WriteNOW family writing group on Zoom.*

## GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



### Join and open a world of opportunities!

Members receive discounts on trips, programs, priority registration, monthly newsletters, a parking permit, and the option of renting a locker.

#### Membership Fee

\$35 resident, \$50 non-resident

Drop-in fee \$4/per day non-members



► **Greeley Active Adult Center**  
1010 6th Street | 970-350-9440  
[GreeleyActiveAdultCenter.com](http://GreeleyActiveAdultCenter.com)

## Magnificent Messiah and Holiday Carols



Sunday, Dec. 16, 7:30 p.m., UNC Campus Commons  
Tickets: [greeleychorale.org/tickets](http://greeleychorale.org/tickets) or 970-351-4849

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## Pets Are Family

### Keeping Your Pet Calm and Happy During the Holiday Season



Judy Calhoun

The holiday season is a time of joy and celebration for many, but it can also be a source of stress and anxiety for our beloved pets. Let's talk about different ways we can help our furry friends remain calm and comfortable during the busy season.

If you know that your pet can get easily anxious or overwhelmed, consult your veterinarian for recommended solutions to help curb this anxiety for when the energy of the holidays is heightened altogether.

When the holiday fun is in your home, designate a quiet and comfortable space where your pet can retreat to when they need a break. Away from the holiday commotion and equipped with their toys, bones, bedding, and water, encourage your pet to use this space when they seem overwhelmed.

Preparing ahead of time for a day or night of holiday activity is just as important. Ensure your pet gets enough physical and mental exercise, helping alleviate stress through playing fetch, going for walks, using a puzzle toy, etc. Exercise and play can engage their minds and keep them occupied,

which helps to reduce anxiety.

Lastly, we as humans need to lead by example since our pets can pick up on our stress and anxiety. Try to stay calm and relaxed, as your own demeanor can influence your pet's emotions.

Amidst all the changes and festive energy, spend quality time with your pet to reassure them that everything is okay.

Remember that every pet is unique, so be attentive to their needs and adjust your approach accordingly. With love, care, and thoughtful planning, you can make the holiday season a joyous time for all family members, two- and four-legged alike! Learn more at [nocohumane.org](http://nocohumane.org).

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## Find Einstein



Can you find the hidden Einstein in this paper?

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## TRADING POST

### Travel

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**Savannah, Jekyll Island and Beauford, SC**  
April 26 – May 6th, 2024  
\$1495 for 11 days, 10 nights  
Includes, motorcoach transportation, all lodging, 18 meals (10 breakfasts, 8 dinners) Tours and more!  
**Mackinac Island**  
August 31 – September 8, 2024  
\$1259 for 9 days and 8 nights  
Motorcoach, lodging, 14 meals  
All the tours and sight-seeing!  
**The Ark Encounter**

### Travel

September 28 – October 6, 2024  
\$1225 for 9 days and 8 nights  
Creation Museum, Ohio River Boat, Cincinnati Museum And more!!  
**Mt. Rushmore, Black Hills, Crazy Horse, Deadwood South Dakota**  
October 7 - 11, 2024  
\$715 for 5 days  
Includes motorcoach, most meals and all ticketed venues  
And sights. And fun!  
\*\*\*I can get you colorful flyers for your friends and groups!

### 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

**English Language Tutoring for Adults**  
Certified ESL Instructor  
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Free Initial Consultation  
[Laurascott.esl@gmail.com](mailto:Laurascott.esl@gmail.com)

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### For Sale

Senior Community over 55 in southwest Littleton \$95,000.  
2 bedrooms, 2 Full Baths, washer/dryer, for sale by owner. Must see  
To appreciate the incredible value, call 303-358-4046

## Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to [Robert@50plusmarketplaceneeds.com](mailto:Robert@50plusmarketplaceneeds.com) or mail this form and a check for \$29 per month made payable to:



4400 Sioux Dr.  
Boulder, CO 80303

Copy due by the 10th of the preceding month.

August 2023	6/10/2023
August	7/10/2023
December	8/10/2023
August	9/10/2023
August	10/10/2023

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## How PACE Helps Older Adults and Their Caregivers

When it is time to seek out healthcare assistance for yourself or an older adult, there are many options. Creating a plan can be a confusing and daunting task as you try to piece together services to meet all of your needs. For family caregivers, this can be especially stressful while also balancing the needs of work and family. Many caregivers find that care coordination for their parents can be a full-time job.

care and services through PACE has a unique plan of care developed by an interdisciplinary team including providers, nurses, social workers, therapists, dietitians, homemakers, transportation specialists, and more. The team works with each PACE participant to create an individualized plan that cares for the whole person, including their medical, social, and mental health needs.

PACE, Program of All-Inclusive Care for the Elderly, an option that removes the burden of care coordination for older adults and their families. PACE is an innovative model of healthcare providing wrap-around services and coordinated care all in one place, alleviating stress on the older adult and their family. PACE provides the flexibility needed to meet their health care needs to support them living successfully in the community.

PACE is more than a list of services; PACE is a complete solution. PACE offers a Day Center, a central hub, where participants receive medical care, rehab therapies, meals, socialization including scheduling and transportation to and from all appointments. PACE's comprehensive services and care coordination can be an invaluable solution for the older adult and their caregivers who are balancing the needs of family and work.

A unique approach for every person  
Every individual who receives

If you think PACE may be a solution for you, please call TRU PACE at 303-665-0115

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uhealth



# Moving Through the Darkness Together

During the winter and holiday months, we know that grief, stress, and overall mental health distress can weigh heavily on folks. Boosting our physical health helps to improve our mental health, and in turn can save lives.

Imagine Zero of Weld County's Move Through the Darkness Challenge was created to encourage people to support their wellbeing through physical activity and time spent outdoors. This 2-month-long, self-led, inclusive, no-cost event creates a community around building skills and habits that can have a positive impact on mental wellness during the winter months. Throughout the challenge, participants are also connected with resources that educate them on the various dimensions of wellness and get them moving through dark times.

"Move Through The Darkness is a zero cost challenge that empowers people to run, walk or exercise to make an impact on the lack of movement, depression and suicide we see in the winter months," says Mandy Mullen, owner of run. Windsor, "Participants pledge a certain amount of physical activity while receiving free access to weekly professional speakers, in-person events like group walks/runs, and more!"

How the challenge works:

- The challenge runs from December 1st - January 31st.
- Participants sign up individually or as a team for "X" number of miles to run or walk.
- Throughout December and January, participants record their mileage on the event website.
- During the challenge, participants receive tools and resources that promote, support, and teach ways to maintain physical and mental health.
- At the end of the challenge, participants who meet their goals receive awards and recognition.

John O'Rand, a community

member who participated in the challenge last year, said, "At the end of last year, I was not motivated to do much, it was cold with long dark days. I found that MTD got me out and moving around, it helped me find a strong support team that encouraged and motivated me to get more out of each day."

Any donations received from participants of the event benefit Windsor Gives and Imagine Zero of Weld County, a coalition of community members, non-profits, and businesses who work together to promote awareness and support prevention efforts of suicide in Weld County.

This winter, Imagine Zero of Weld County encourages you to be proactive about taking charge of your mental, emotional and physical health this winter. Register for the challenge and encourage your family,

### NEWS RELEASE

For more information, contact:  
Micaela Sanchez  
970.313.1170 (O)  
970.397.4131 (C)  
Micaela.Sanchez@NorthRange.org

colleagues, neighbors to do the same and "Move Through the Darkness" with you! Registration opens on November 1. Visit <https://www.movethrough.org/>.

This free challenge and finisher prizes wouldn't be possible without the support of our sponsors and donations. Click here to become a sponsor or donate today.

*Help us  
Help the 50+  
Community*

# Caregivers Recognized and Honored.



Guests having breakfast and waiting for the program to begin.

The day was set aside for Caregivers to be kind to themselves. This was all accomplished at the recent CAREGIVER APPRECIATION DAY held at the LINC Library in Greeley. A light breakfast & lunch were served.

The day was sponsored by Fairacres Manor, ComForCare, UCHEALTH, Bristol Hospice Northern Colorado, Vortiz Insurance, Pathways, HomeInstead and 50 Plus Marketplace News. A wide range of Vendors were on hand sharing product and service information with visitors to the event.

The program began with a Guided Meditation directed by Sheri Lobmeyer, Recreation Coordinator II, Caregiver Resources were provided, an impressive and insightful Caregiver Panel presented personal caregiving experiences & suggestions.

Cathy Heise gave an inspiring, enlightening, and educational Keynote address based on her life and professional experiences. This was followed by the recognition of outstanding caregivers. Awards were presented in appreciation of their caring role in the lives of others.

Massages, game playing, other activities and music playing brought the day to a close.

Sponsors, vendors, caregivers, families, friends, and the event committee were pleased to have been participants in the day's event. A success was their conclusion!

NOTE: "There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." Rosalyn Carter

Written by:

Michael Buckley, Associate Publisher  
50 Plus Marketplace News



Keynote Speaker, Cathy Heise



Caregiver Panel: (l-r) Joanie Carvajal, Terry Newton, Moderator Larra Hanes, Christy Childers, Ardi Tomlinson

## Senior Complex

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**Greeley Housing Authority**

## Senior Complex

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Not connected to the Federal Medicare Program. This is a solicitation for insurance.



## City of Greeley Active Adult Center Calendar

The Active Adult Center (AAC) 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. Our members enjoy discounts on events, classes, and programs, so join today!

- Upcoming Events and Classes**
- Holiday Cards Watercolor Class**  
December 1 & 15 | 1-3 p.m.  
Paint holiday cards with watercolors, experience isn't needed. Students must attend both class days.  
Registration deadline: December 1
- Ceramic Ornament Making**  
December 6 & 13 | 2-4 p.m.  
Create ornaments with clay and cutters, then bisque fire and glaze fire them, all supplies provided. Students must attend both class days.  
Registration deadline: December 5
- Acrylic Painting Class**  
December 22 | 1-3 p.m.  
Create a piece of art in this fun painter-tainment class! Experience isn't necessary.  
Registration deadline: December 21

### Woodshop Safety Class - Introduction

December 15 | 9 a.m. - 1 p.m.  
This class will focus on the major pieces of equipment available in the woodshop. This is required for everyone who is new to the woodshop or did not attend a safety class in 2022. Class must be taken before you can use the woodshop or attend classes.  
Registration deadline: December 13

### Travel Programs CU vs UNC Basketball Game

December 15 | 3:30 p.m.  
Join us for this in-state matchup as the UNC Bears take on the Colorado Buffaloes at the CU Events Center.  
Registration deadline: December 1

Get involved and stay up to date with Greeley City Council Meetings  
The Greeley City Council meetings are held 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](http://GreeleyActiveAdultCenter.com)

Friendly Fork Daily Menu		
December 2023		
Day	Date	Meal
Friday	1	Chicken Noodle Bake, California Blend Vegetables, Apricots, Morning Glory Muffin*, 1% Milk
Monday	4	Cranberry Harvest Chicken Breast, Mashed Sweet Potatoes, Corn Bread with Butter & Honey, Mixed Vegetables, Sliced Peaches, 1% Milk
Tuesday	5	Pork Loin with Gravy, Macaroni & Cheese, Roasted Eggplant/Zucchini/Pepper Blend, Orange Slices, Carrot Cake, 1% Milk
Wednesday	6	Beef & Cabbage Casserole, Mandarin Orange Spinach Salad with Italian Dressing & Pumpkin Seeds*, Dried Fruit & Nut Cup*, Cinnamon Applesauce, 1% Milk
Thursday	7	Honey Ginger Chicken over Jasmine Rice, Side of Soy Sauce, Bok Choy & Snow Pea Vegetable Blend, Apple Slices, Almond Cookie*, 1% Milk
Friday	8	Pulled Pork Sandwich, BBQ Baked Beans, Coleslaw, Diced Pears, 1% Milk
Monday	11	Oven Roasted Turkey Breast with Gravy and Side of Cranberry Orange Compote, Sage Stuffing with Gravy, Wheat Roll with Butter, Harvard Beets, Fresh Fruit Mix, 1% Milk
Tuesday	12	Prime Rib with Side of Horseradish Sauce, Au Gratin Potatoes, Five Spice Roasted Vegetables, Wheat Roll with Butter, Cranberry Dream Salad*, 1% Milk
Wednesday	13	Prime Rib with Side of Horseradish Sauce, Au Gratin Potatoes, Five Spice Roasted Vegetables, Wheat Roll with Butter, Cranberry Dream Salad*, 1% Milk
Thursday	14	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Wheat Roll with Butter, Green Bean Almondine*, Blueberries, 1% Milk
Friday	15	Krautburger, Peas & Pearl Onions, Pineapple, Gelatin Parfait*, 1% Milk

No Friendly Fork meals December 18, 2023 thru January 2, 2024.  
Meals will resume on January 3, 2024.

### Happy Holidays!

Nutrition content of meals is reviewed by Friendly Fork dietitian, Jessi Like. Contact information 970-400-6118 [jlike@weld.gov](mailto:jlike@weld.gov). Detailed nutritional values for the menu, nutrition education, and nutrition counseling can also be provided upon request.

#### Need to order or cancel?

Please call the designated meal site or the AAA nutrition hotline at 970-400-6955 by 11 am on the business day prior to the meal.



## Healthy Foods at Low prices

Also! fresh produce & bread

913 Carbondale Dr.,  
Dacono

Mon-Fri 9-7, Sat 9-7  
Closed Sunday

# 50 Plus Marketplace News Crossword Puzzle

December 2023  
Answers page 9

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#### ACROSS

- 1 Raise
- 6 Sister
- 9 Whip
- 13 Card game for three
- 14 Built-in platform bed
- 15 Every
- 16 Tiny
- 18 Agitate
- 19 Some
- 20 Cereal food
- 21 Transmit
- 22 Blend
- 24 Eating implements
- 25 In the direction of
- 28 Stuffed savory vine leaf
- 30 Slip
- 31 Merrily
- 33 Summit
- 36 Help

- 37 Greased
- 38 Revised form of Esperanto
- 39 Fish eggs
- 40 Landed
- 41 Foot-wear
- 43 Flower-part
- 45 Throat abscess
- 46 Plentiful
- 48 Lubricate
- 49 Bog
- 50 Sewing case
- 52 Japanese sash
- 55 Executive Officer
- 56 Truckle bed
- 59 Strike forcefully
- 60 Relaxation
- 61 Nimble
- 62 Increases
- 63 Inquire of
- 64 Writers of verse

#### DOWN

- 1 Goatskin bag for holding wine
- 2 Augury
- 3 Comply
- 4 Monetary unit of Japan
- 5 Attempt
- 6 Hard fatty tissue
- 7 Taverns
- 8 Firmament
- 9 Supple
- 10 Modification
- 11 Lizard
- 12 Refuse of flax
- 14 Glass ornament
- 17 Elevated tract of open country
- 22 Deranged
- 23 Before
- 24 Move through the air
- 25 Former Russian ruler
- 26 Potpourri
- 27 Spread over a wide area
- 28 Ceased living
- 29 Advanced in years
- 31 Female child
- 32 Malt beverage
- 34 Lyric poems
- 35 Bouquet
- 37 Wood sorrel
- 40 Monkey
- 41 Prefix "beneath "
- 42 Hasten
- 44 Chooses
- 45 One pound sterling
- 46 One-celled protozoa
- 47 Formed by mixing
- 48 Crescent-shaped figure
- 50 Periods of history
- 51 Protruding tooth
- 52 Off-Broadway theater award
- 53 Waist band
- 54 Ancient Roman days
- 56 Light meal
- 57 One circuit
- 58 Self-esteem

## Get A Haircut?

If you know a woman who is looking for a particularly distinct wig, you might want to get in touch with Nigerian wigmaker Helen Williams. Ms. Williams is a professional when it comes to toupees. In fact, she made headlines recently for what the Guinness World Record judges declared is the world's longest handmade wig. It measures 1,152 feet and 5 inches in length. The question is where she got the 1,000 bundles of human hair that went into her rug.

## The Cat's Meow

Here we go again. They've found another mysterious creature that has animal experts scratching their heads. This time it's a mysterious big cat-like creature that was found roaming the hills in Arizona's Phoenix Mountain Preserve. Tom Cadden at the Arizona Game and Fish Department told the Arizona Republic, "It's not one of our native big cat species, mountain lion, bobcat, ocelot or jaguar. It's pretty big for a house cat. My guess is that it's probably something that was bought at a wildlife auction. Could be from Africa or South America. It's nothing I'm familiar with, but it's not a house cat."

*We Care*