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July 2023 • Volume 29 • Issue 7

## Dementia Together Receives BBB Nonprofit Torch Award!

In April, the Better Business Bureau serving Northern Colorado and Wyoming recognized Dementia Together as the BBB 2023 Nonprofit Torch Award for Ethics winner!

The Torch Award for Ethics is the most prestigious award BBB can present to a business and nonprofit. This program honors organizations whose leaders demonstrate a high level of personal character; ensure that the organization's practices meet the highest standards of ethics; and consequently, generate trust with its customers and community.

Dementia Together was started by Cindy Luzinski in 2015 as a volunteer initiative. While most dementia nonprofits are focused on finding a cure and raising awareness, Dementia Together



(l-r) Robin Westcott, Claire Richardson, Cyndy Luzinski, Andrea Scandrett, and Meghan Wall

focuses instead on helping those with dementia and their caregivers live well and with joy. The organization was one of the first North American practitioners of the SPECAL® method, an approach to dementia care that

treats the condition as a disability rather than a terminal illness.

Dementia Together offers a wide range of programs including memory cafes, support groups, SPECAL® training, meal drops, patient-resource materials, and

dementia-friendly education for businesses, government agencies, and community organizations. Last year Dementia Together served over 2,000 individuals across 775 sessions including memory cafes, support groups, training, and community presentations.

Dementia Together also provides all its education and its other services free of charge. Examples of the types of organizations that have received this education include churches, law enforcement, care facilities, and local businesses including other community partners such as the Office on Aging in Larimer and Weld counties. Contact Dementia Together at 970-305-5271 or email: help@dementiatogether.org.

## Weld County Commissioners Proclaim World Elder Abuse Awareness Day

The Weld County Board of County Commissioners proclaimed June 15 as World Elder Abuse Awareness Day (WEAAD) to help continue to shine a light on the issue of mistreatment and neglect of older people in our society,

According to the National Center on Elder Abuse, 1 in 10 Americans aged 60 or older have experienced some form of abuse. The long-term societal effects of this mistreatment are stark, as older adults who have experienced abuse or neglect are twice as likely to be hospitalized than other older people.

Deputy Director of the Weld County Department of Human Services (DHS), Tami Grant, spoke in recognition of this proclamation during the board meeting on June 14. "Older individuals, as we all know, are vital contributing members of American society," she said. "Just as we



Weld County Commissioners and Area Agency on Aging Staff

have confronted and addressed the societal issues of child abuse and domestic violence, we are also working to find solutions to address issues like elder abuse that threaten the well-being of our country."

Tami also recognized several individuals from the Weld County DHS, and specifically the Weld County Area Agency on Aging (AAA), who are integral to the cause and committed to making this difference every day. The

Weld County AAA houses the Adult Protective Services (APS) program which supports and protects at-risk adults from self-neglect or mistreatment by investigating allegations, advocating for clients, and when needed, arranging for services to stop or prevent harm by using the least restrictive intervention and respecting self-determination. If you suspect mistreatment or neglect of an at-risk adult, please contact the APS hotline at (970) 400-6700.

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# JULY Calendar

## Tuesday/4

The Greeley Stampede produces one of the largest Independence Day Parades with over 100 floats, bands, and equestrian entries from all over Colorado. The parade runs north along historic 10th Ave starting amidst the beautiful University of Northern Colorado campus at 19th Street and ends on 5th Street just beyond our historic Lincoln Park. The parade starts at 9 am.

Firestone has their annual parade with floats, decorated vehicle displays, marching bands, classic cars, motorcycles, and more runs from 10 a.m. to about noon. It starts at Thunder Valley K-8 and makes its way through Historic Firestone to Miners Park.

## Thursday/6

AARP presents a free online class on "An 'Awake in the Wild' Meditation" at 11 am on Zoom. Nature-based mindfulness meditation practices can help attune your senses to the simple delights and serenity of the natural world. This class will teach you various sensory awareness practices and offer guided mindfulness-based meditations. Contact AARP Wyoming at [wyaarp@aarp.org](mailto:wyaarp@aarp.org) for more information and Zoom link.

## Tuesday/11

AARP presents a free online program on "13 Ways to Protect Yourself From Fraud" at 10 am on Zoom. Join us for a discussion and Q&A that will provide a number of effective scam-prevention tips to help you protect yourself and your loved ones. Contact [maaarp@aarp.org](mailto:maaarp@aarp.org) for more information.

## Wednesday/12

Alzheimer's Assn. presents a free in-person program on "Understanding Alzheimer's and Dementia - Virtual Dementia Tour Series" from 9 am to noon at the Greeley Active Adult Center, 1010 6th St. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. Register at 1-800-272-3900.

Colorado Gerontological Society has many videos on senior related topics on their website at [www.senioranswers.org](http://www.senioranswers.org).

Check individual venues for current information

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## WindSong at Northridge: Embracing a Montessori-Inspired Lifestyle

In the realm of senior living, innovative approaches that prioritize individuality, engagement, and holistic well-being are gaining traction. WindSong at Northridge in Greeley stands out as a shining example of a community that embraces the Montessori-inspired lifestyle for its residents. With a focus on fostering independence, purposeful engagement, and a sense of community, WindSong offers a unique and enriching experience for seniors.

At WindSong, residents are encouraged to maintain their independence and make choices that align with their preferences and capabilities. The Montessori philosophy recognizes that even in their golden years, seniors possess unique strengths and interests. By empowering residents to actively participate in their daily routines and deci-

sion-making processes, WindSong cultivates an environment where individuality thrives.

The heart of the Montessori-Inspired Lifestyle is providing residents with opportunities for meaningful engagement. At WindSong, a range of activities and programs are tailored to residents' interests and abilities, stimulating their minds and bodies. Whether it's participating in gardening, art classes, or engaging in discussions, residents are given the chance to continue pursuing their passions and find fulfillment in their daily lives.

WindSong emphasizes the importance of building a strong sense of community among residents. By fostering social connections and creating a supportive network, the community becomes an extended family. Group activities, communal

dining, and shared spaces provide opportunities for residents to interact, form friendships, and support one another, enhancing their overall well-being and happiness.

WindSong at Northridge is currently working on a community project, "Trees of Joy." Citizens, area senior centers, community groups, and local schools are invited to contribute to this project by crocheting or knitting colorful panels. Their residents and staff are also contributing their creations. As they complete & collect the panels, panels will be attached to trees on their property. They plan to eventually create Trees of Joy throughout the community. Anyone who is interested in donating yarn or crocheted/knitted panels, please contact LaKisha Williams at 970.449.7199.



## WINDSONG at Northridge

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**7010 West 8th Street ~ Greeley CO 80634 ~ [WindSongMemoryCare.com](http://WindSongMemoryCare.com)**

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<ul style="list-style-type: none"> <li>• Montessori-based purposeful activities.</li> <li>• Three delicious, nutritious meals.</li> <li>• Medication and shower assistance</li> </ul>	<ul style="list-style-type: none"> <li>• Private studio apartment</li> <li>• Private bathroom</li> <li>• Full time RN</li> <li>• Chef prepared meals &amp; snacks</li> </ul>

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Published by  
50Plus Media Solutions, Inc.  
Ault, Brighton, Erie, Fort Morgan,  
Greeley, Sterling, & Windsor

**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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Boulder County Agencies  
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## Another Superb Production At Windsor Community Playhouse

This time the show presented by WCP was entitled PLAY ON. The story of a community theatre group trying desperately to put on a play in spite of maddening interference from a haughty author who keeps revising the script.

From the opening curtain to the closing curtain (the curtain open



*They are all together – cast, director, assistant director, and stage manager. And, they put it all together for a superb show.*

and closed several times), audiences were entertained by performers missteps, forgetting lines, unscheduled sound effects, arguments instigated by the performers which caused interruptions in rehearsals, funny antics, facial expressions and more. If you were fortunate enough to see the show, you know what I mean. If you did not see the show, you missed some great entertainment.

The show presented a fabulous

### The Gold Dispenser

You can find a candy bar dispenser anywhere these days but you'll have to go to South Korea if you want to find a gold bar dispenser. GS Retail, which operates some 10,000 convenience stores throughout that country, has been fitting them out with gold bar vending machines since last September. To date, just 29 of their stores have been fitted with the machines, but they've produced some \$19 million dollars in revenues. Guess what? They are wasting no time in providing more and more of their stores with gold dispensers. A company representative told UPI, "The most popular gold bar is the smallest, the 0.13-ounce one, which is currently priced at around \$225. People in their 20s and 30s appear to be the main buyers, purchasing physical gold as an investment vehicle, especially in times such as these, when its value is continuing to rise."



cast directed by Scott Finn assisted Abbi Larson and Stage Manager Izzy Freytag. The cast was a combination of performers familiar with the WCP Stage and new performers making their first appearance at WCP. A team undertaking for sure. A very successful undertaking for sure! Laughs and more laughs...

Play On finished the 2022-2023 season. WCP is gearing up to present an inviting and enjoyable 2023-2024 season.

Visit [www.windsorplayhouse.org](http://www.windsorplayhouse.org) for more information and be on the lookout for the monthly Weld Editions of 50 Plus Marketplace News.

Word has it there is a Special Show coming to WCP Sunday August 20th.

Written by: Michael Buckley,  
Associate Publisher



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## Reflections

### The Roads

#### Mistakenly Traveled



**Martha Coffin Evans**

My husband and I have apparently begun the habit of traveling on roads which, in hindsight, we should have missed. These shouldn't-have-taken roads, have provided the fodder for funny stories and lots of laughter...later.

Our first mistakenly traveled road, occurred in Georgia when we left the Whistle Stop Café (think "Fried Green Tomatoes"). I thought I could find my way out of the various roads in search of I-85. Turning left, those trees didn't look right. I made a U Turn, headed the opposite direction where, once again, those trees didn't look right nor had we planned on visiting an area plantation.

Eventually, I wound my way back and stopped in front of the Whistle Stop Café. My snoozing husband, woke up, asked if I needed the restroom. No, I'm trying to find my way out of this frigg'in' area. Following the provided directions, we found I-85! We received a Garmin that Christmas.

Our next "mistaken" road happened in California. With son Adam at the wheel, we headed over a crazy, curvy mountain pass in the wine country. Once safely on the other side, vineyard staff commented, "Even the locals don't take that road!"

Not to be outdone by either of these states, we had our own Colorado adventure. With directions loaded into our Waze app, we headed for a 10th Mountain Memorial Day Celebration. We entered Tennessee Pass into Waze, were told to turn onto East Tennessee Pass Road, and, so we did. Bouncing over deep ruts, scraping shrub bushes on either side, periodic dips full of water on this rough road, Waze announced we'd reach our destination! Really?!

Recalculate! We made a U Turn, traveled 13 miles back to find the correct destination – Camp Hale.

Specifics can make a difference! What mistakenly traveled road is your favorite?

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## Come Join Us!

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### Ageism Matters

#### Why Tell A New Story About Aging?



**Kris & Sara**

One of the pillars of Changing the Narrative's mission to end ageism is reframing aging. We need to change how we think and speak about aging if we want to end ageism.

But what is reframing aging? It is seeing aging through a new lens, one that takes in a bigger and more positive reality than the usual story of aging as decline and increasing irrelevance.

Our words matter. Research shows that the words we use about older adults and aging impact our beliefs. For instance, research shows that terms like "senior citizen" and "the elderly" reinforce negative stereotypes about older people.

This research led to new standards adopted by the Associated Press, the American Medical Association, and the American Psychological Association to avoid these terms and to use more age inclusive terms such as older adult

and older person, or descriptive language (e.g. people age 60 and older).

Another example of ageist speech is when care providers speak down to older adults, as if they were children, implying a lack of competence. This is not just disrespectful and unwarranted; it has negative impacts on health and self-esteem.

The language we use and the stories make a difference. Per research by Dr. Becca Levy, having negative beliefs about aging correlates with having a shorter lifespan and increased chances for dementia.

Aging is not all negative and there are good reasons to change this narrative and reframe how we think about aging. Learn more at our July 18th workshop on reframing aging and see our website for more resources.

Sara Breindel & Kris Geerken, 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.

### Elder Law Q & A

#### When Does Someone Need Financial Guardianship



**Bill Beyers**

When individuals cannot manage their finances, courts can appoint financial guardians. In Colorado, a financial guardian is referred to as a conservator.

In cases where individuals need help with personal and financial decisions, the court can order guardianship of the person and conservatorship of the person's finances. The guardian and conservator can be the same or different people or entities.

Conservatorship gives the conservator the authority to oversee the protected person's finances and access money to pay bills. In many cases, the terms of the arrangement require the conservator to seek court approval before taking financial actions on behalf of the ward, such as selling assets.

Courts appoint conservators when people demonstrate that they cannot handle their finances on their own. Situations include individuals who frequently forget to pay bills, individuals who are vulnerable to financial exploitation, and individuals with diseases and disabilities that prevent them from understanding money.

Conservatorship is appropriate when a person is impaired and cannot make their own decisions. Suppose an individual still can make decisions and understand the consequences of their choices. In that case, the person can execute a financial power of attorney. This gives a trusted individual the ability to handle their assets.

Compared to financial guardianship, a financial power of attorney can protect individuals' rights while allowing someone to step in and help with monetary decisions. Under conservatorship, it is more difficult for the protected person to change the arrangement if disagreements with the conservator arise. The person subject to the arrangement must petition the court to modify or terminate it.

Revoking a power of attorney is, by comparison, straightforward. As long as the individual who made a power of attorney retains capacity, they can withdraw their power of attorney at any time for any reason. They can also appoint a new agent without judicial oversight.

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



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# 2023 ARTS PICNIC

## SATURDAY & SUNDAY

AT LINCOLN PARK  
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**July 29**

9 a.m. - 5 p.m.

**July 30**

10 a.m. - 4 p.m.

- Food Court
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- Kids Creation Station
- Entertainment On 2 Stages



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## Milliken's Gathering Place

Mill Haus Coffee is conveniently located in the heart of Milliken, next door to the town hall. You'll find an enjoyable atmosphere. There is an open invitation to Visit Mill Haus Coffee – read a book, relax, enjoy a tasty and satisfying cup (maybe two cups) of coffee with fresh baked

pastries. There is quite a selection to choose from.

A warm and friendly welcome awaits you. So, plan to stop in at Mill Haus Coffee 1109 Broad Street, Milliken, Colorado. You will thank yourself for the stop.



(l-r) Delka Babiuch is on hand to help you select a book to read; LaNette Orebaugh Pastry Chef/Owner

## Saturday Morning at Coffeehouse 29.

Most every Saturday a.m. you'll find this group enjoying each other's company and coffee of their choosing. Conversations cover a wide range of topics, including travel, fly fishing, theatre, art, and more. Actual stories and some made up - even

sound real as they circulate the table. A good time means plenty of laughter. A handshake to welcome and a goodbye handshake until the next time. Meaningful friendships to be sure....



(l-r) John Pankonin, Judy Olson, Jack Olson, Francisco Oliva, Special Guest Nick from California, Michael Buckley, Special Guest Karen from California, Jim and Mary Roberts, Sue Pankonin... \*\*\*Way in the background with hands waving our friend Russ.

## Are you eligible for the new \$1,000 Senior Housing Tax Credit?

The new for 2022 Senior Housing Tax Credit is for everyone over the age of 65 who have not lived and owned their home for 10 years and have been a resident of Colorado for all of 2022. It is a variable credit, meaning that it is somewhat determined by your "taxable" income. For those with a taxable household income of less than \$25,000 the refundable credit will be \$1,000. All households that have a income of less than \$75,000 will get at least some of the credit. Some other examples would be if your taxable household income is \$30,000 your credit will be \$900 and a household with income of \$50,000 would get \$500. All the details can be found on page 17 of the Colorado D0104 booklet,

ceive the senior housing tax exemption which equates to 50% of the first \$200,000 of property value is exempt from taxation. Different counties have different tax rates so the amount varies a little bit from county to county. The amount is changing from 2023 through 2028 to 50% of the first \$300,000.

The "tax exemption" is good every year, where as the above mentioned "tax credit" seems to have been written as a one time only event. Seniors have to turn in a form 104PTC (used by people with incomes of less than \$15,392) or they must file a tax return even though there is no taxable income. A federal tax return does not have to be filed only a state return.

Submitted by Ron Vejrostek of Vejrostek Tax and Financial and can be reached at 303-776-0867.

People over the age of 65 who have lived in and owned their home for the last 10 years annually re-

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## Ron Stern's Travel Series

### The Brown Palace Hotel and Spa, Autograph Collection



Ron Stern

The Brown Palace Hotel and Spa has been Denver's iconic historical hotel since 1892. Now an Autograph Collection by Marriott brand, this property continues to define grace, elegance, and luxury from a bygone era.

Named for Henry Cordes Brown, an Ohio real-estate entrepreneur, The Brown Palace featured many innovations for its day. Just some of these include a granite and red sandstone exterior, a stunning eight-story atrium with an Italian Renaissance-style-stained glass ceiling, and crystal pure artesian water from their deep underground well. The atrium is lined with 740 filigreed iron panels. Two of these are upside down—nobody knows why.

Guest rooms and suites are modern-day stylish and functional, as you might expect. Each comes with 42-inch flat screen HD televisions, luxurious terry robes, internet access and water from the hotel's well. Their Top of the Brown and Royal Suites are all unique in design with

inspiration taken from the Grand Parisian Salons of the 30s.

Dining options include six restaurants and bars. The Churchill Bar offers premium cigars and spirits and the Palace Arms provides a decadent fine dining experience. For casual fare with a nautical theme, the Ship Tavern is the place for burgers, steak or seafood.

One of the oldest traditions at the Brown is their Afternoon Tea. A genteel affair served in the atrium lobby along with gentle harp music or piano. Scones, savory sandwiches, and house-made pastries are served along with available libations.

Almost every U.S. President since Teddy Roosevelt has stayed at the Brown Palace. A consistent Forbes



Four-Star and AAA Four-Diamond hotel it has been called Denver's Grand Dame for good reason. An available historical tour provides

all the details and some secrets that will make your stay as unique as the hotel itself.

*This was a sponsored visit, however, all opinions are the author's honest opinion*

*All photos courtesy of The Brown Palace Hotel & Spa.*



## Entertainment At Its Best!

And, it is happening at Windsor Community Playhouse in Windsor Sunday, August 20th, 2023, at 2:00 p.m. Ticket price is \$20.00. You will not want to miss this show!

There'll be music, comedy, magic & more. FUN & LAUGHTER TOO!

Here's a PREVIEW....

A telephone call to a friend in New York A magic show.

Shall we Tango? Favorite songs. You'll remember them...

All American music. The Spaniards from Odd Couple (Female Version).

Andrews Sisters Tribute.

Word has it there'll be an announcement by someone planning to run for President in the next election.

WCP favorites Michael & Diane will serve as MCs for the show. Lots of fun and enjoyment await you.

You'll not want to miss this show!

For more information, please visit: windsorcommunityplayhouse.com.

## Find Einstein



Can you find the hidden Einstein in this paper?

## Colorado Gerontological Society

### Voters Get To Decide If Seniors Get Portability For The Homestead Exemption



Eileen Doherty

In the waning days of the last legislative session, a tax bill passed with a number of changes to Colorado's Tabor Refunds, now known as Proposition HH. The most exciting proposed change in Proposition HH is to make the Senior Homestead Exemption portable.

The bill was signed in the front yard of Mr. Joe Medina in Commerce City. Supporters gathered around to watch Governor Jared Polis sign the bill sending it to the voters on November 7.

Mr. Medina, a client of the Colorado Gerontological Society, had responded to a survey we conducted in 2018 on the importance of the Senior Homestead Exemption tax credit to older adults.

Mr. Medina had expressed at that time how important the tax credit was to him in helping to pay his taxes. Last fall, he considered moving, but one of the considerations for him changing his mind and not moving was losing the

Homestead Exemption.

If Proposition HH passes, starting January 1, 2025, any older adult who was able to claim the Senior Property Tax Exemption, but lost it because they moved, will be to claim the tax exemption again without waiting the 10 years in the new property.

Given the new assessed values and the expected increase in property taxes in 2024, older adults will not see any property tax relief in the short term.

The Society has worked with Senator Larry Liston in the 2022 and 2023 legislative sessions to make the Homestead Exemption portable. Both of those bills were defeated.

Individuals who have not claimed their Senior Income Tax Credit, which has now been extended until October 2026, can file the Colorado Income Tax DR0104 and DR0104CR. If you need assistance 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.



### Greeley / Weld Senior Foundation, Inc. 2023 Hall of Fame Recipients Sponsored by:



#### 2023 Winchester Award Recipient

Norine Schoneman is this year's recipient of the Winchester Award. This award is given to a volunteer that displays traits of a humanitarian. Norine displays these characteristics as a person and a volunteer, she was extremely valuable in the creation of the Platteville Senior Center.



Barbara Bouse

Barbara Bouse volunteers in Greeley. She is a dedicated volunteer with the Greeley Active Adult Center, Greeley Stampede, And Union Colony Civic Center. Barbara is a great leader for other volunteers in these programs and her knowledge is irreplaceable.

Lucy Montoya volunteers in Platteville. Her most common places of volunteering are with the Platteville Senior Center, Museum, and Food Bank. She also volunteers at the Catholic Church. Lucy's dedication and willingness to jump in are just few traits that are most appreciated about her.



Lucy Montoya



Olive Stephens

Olive Stephens volunteers in Erie. She commits time to many programs the Erie Active Adults offer, such as the Friendly Fork Lunches and Erie Connect classes. Olive's reliability is extremely valuable to many programs offered at the Erie Community Center.

#### Grants Awarded to Weld County Senior Centers by Greeley/Weld Senior Foundation, Inc.

2021	2022	2023
\$12,270	\$14,405	\$13,930

# TOGETHER WE ARE BUILDING A BETTER WELD COUNTY



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- EVERY** older adult could have what is needed for a fulfilling life
- EVERY** neighbor could be connected with needed resources

Through United Way, together we are building a better Weld County, one where children are reading to learn by the start of 4th Grade, youth are working at good jobs by age 25, families have stable housing, older adults are aging well and people are connecting to the help they need.

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**Melanie Woolman  
President & CEO**

*"Sometimes, something unexpected happens and all of the sudden our neighbors are in need of extra help. United Way and our partners know exactly how to assist. What we need is the community's generosity of time and money to make it happen. Will you support your neighbors today?"*

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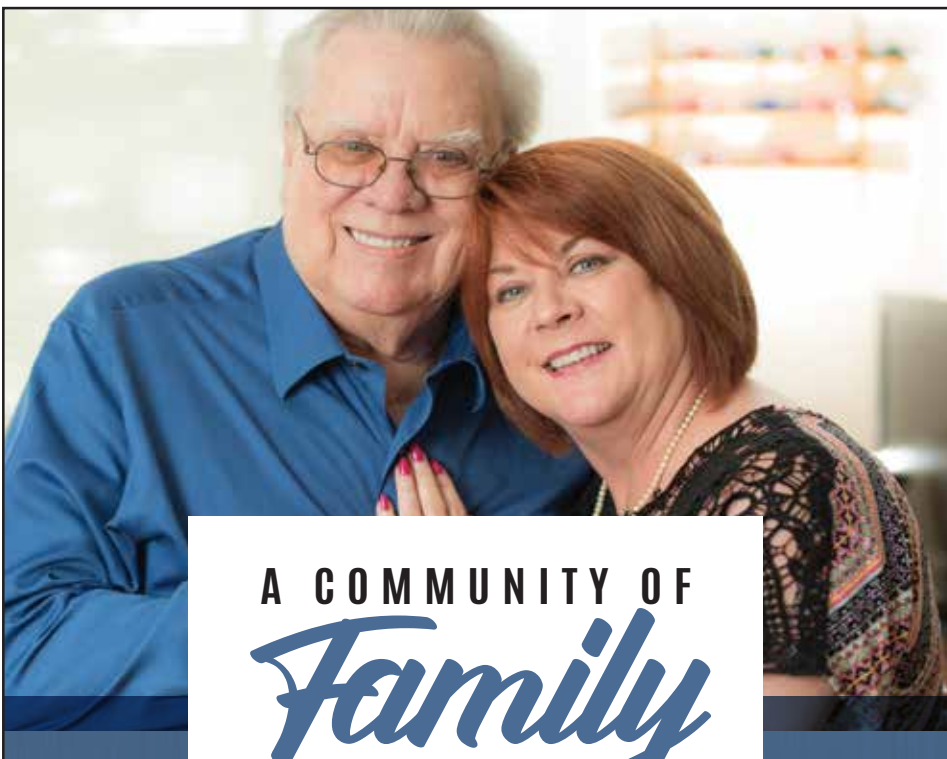
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## PAMVET Breakfast Club Meets Every Saturday

In 2008, two WWII Navy veteran's, Virgil Horton, and Ron Garretson, created a weekly breakfast gathering of local veterans every Saturday in Loveland. The veterans' group has outgrown several locations and currently meets at the Golden Corral at 1360 Sculptor Drive off of Highway 34 (East Eisenhower Blvd).

The PAMVET (Proud American Military Veteran) group has no dues or requirements, other than simply enjoying the camaraderie of other veterans. A bell is rung to get everyone's attention to stand and salute the flag, and recite the Pledge of Allegiance which is followed by a prayer and their weekly program hosted by Vietnam veteran & chaplain Charlie Nash.

The group or visitors are asked to introduce themselves and talk for a few minutes about their background

and service history. The meeting continues with announcements about members or veteran-related events and activities. Breakfast follows the announcements.

Between 125 to 200 members attend the weekly breakfast, ranging in age from their twenties to over 100 and arrive from all over Northern Colorado.

PAMVET members can bring guests to the meetings and "every member is a recruiter," one member said. "Most of us wear hats." They greet the wearers of the hats stitched with the name and insignia of a branch of the military out of respect for their fellow comrades. If you are a veteran, please consider attending the PAMVETS Breakfast at the Golden Corral restaurant in Loveland on any Saturday (except major holidays) at 8 am. Breakfast cost is \$12 per person



l-r: Organizers Robert Hildebrand, Judy Doty, Charlie Nash, & Phyllis Minch

## Veterans Echoes

### Heaven and Hell



**Brad Hoopes**

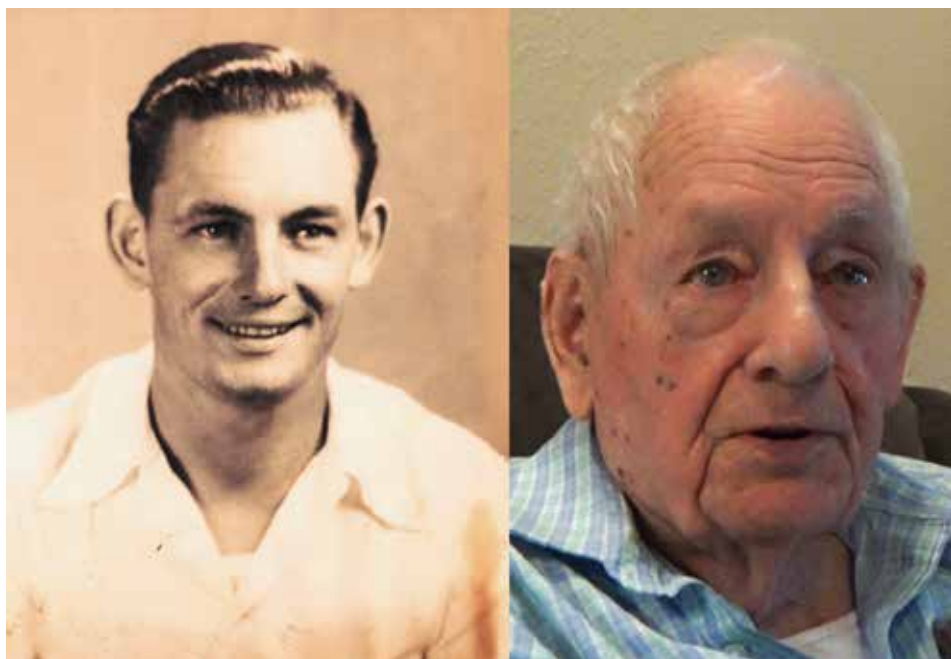
Algie Boone talks fondly of his upbringing in rural Mississippi. He came from a large, loving and deeply religious farm family. The description he gave of his youth was nothing short of heaven on earth. With the start of World War II though, Algie soon found himself in what can only be described as hell on earth.

Algie was a medic with the 126th Infantry Regiment of the 32nd Infantry Division. Starting in Australia, he fought in New Guinea and in the Philippines. It was a warzone teeming with Japanese, who never surrendered and fought to the death. Compounding this situation, was the unimaginably harsh jungle conditions they

fought in. Algie was often out in these elements for long periods of time. One time due to being cut off from supplies, he was so mal-nourished that he could barely stand up. Another time, being out so long and unable to change clothes, his socks deteriorated into his skin. The jungle left him with malaria and jungle rot, a skin disease. He earned a Bronze Star and was awarded a Purple Heart. After Japan's defeat, Algie headed to Japan as part of the occupation forces.

Algie was one of six brothers that went off to war. Fortunately, all six returned home safely. Algie gives full credit to his strong faith, he carried a Bible that he read every chance he could, and the continuous prayers of his parents and family back home for his and his brothers' survival.

Thank you, Algie, for your incredible sacrifice for our country.



## Pets Are Family Microchip Your Pet!

4th of July is a wonderful time to celebrate with friends and family, but



when it comes to fireworks, dogs are typically not a fan. The noise and unpredictability can be perceived as a threat, triggering a fight-or-flight response, and your dog may try to run away and hide. Be prepared with a backup plan and microchip your pet! Microchipping is an important safeguard to increase the likelihood your pet is returned to you in the event they go missing.

A microchip is a small, electronic RFID chip enclosed in a glass cylinder that's about the same size as a grain of rice. The chip is injected under your pet's skin and can be implanted during a routine veterinary visit. Once implanted, you register your contact information with the microchip company, and you receive an ID number. All microchip ID numbers can be

traced through a "universal microchip lookup" database ([www.aaha.org/pet-microchiplookup](http://www.aaha.org/pet-microchiplookup)) regardless the brand of microchip you have.

When scanned, the chip transmits and displays the ID number on the scanner's screen. Microchips can be scanned by shelters, veterinary clinics, and even animal control officers in the field – who then access the database to aid in searching for the owners.

Microchips should not replace collars with ID tags, license tags, and rabies tags, but collars can fall off or break, and the microchip provides an extra layer of security.

When you adopt a dog or cat from Larimer Humane Society, your adoption includes a microchip implant and registration. You can also access this service for your own pet for \$40. You'll have to make sure that your pets are registered with the microchip company, and it's important that you keep your pet's microchip information up to date. For more information, visit [larimerhumane.org](http://larimerhumane.org).



## Genealogy Rocks!



Carol Darrow

Have you encountered a brick wall in your genealogy research? Join the club! Every single one of us has encountered one. It haunts us like a dark shadow. How can we solve this mystery?.

There are impenetrable mysteries. We don't have access to much personal information. What attracted two people to marry? Why did they get divorced? What caused him to abandon his family?

The records should be more helpful. Of course there are rules and laws that may govern our access. Privacy laws restrict our access to censuses after 1950 for another 72 years. Military personnel records are restricted to direct descendants. Some states like Colorado have closed birth and death records, again limited to direct descendants.

What if there are no records? South Carolina did not record marriages at all until 1911. The 1890 U.S. census was destroyed in a fire in 1921 and

only fragments remain. U.S. census records that predate 1850 give only the names of the heads of household so no family groups are available to us.

Sometimes we create our own brick walls by clinging to assumptions that may not be true. "I'm sure my ancestor came in to Ellis Island in 1854. Didn't everybody?" No. Ellis Island didn't come into service until September 1891. "This can't be my family in this census because my family always spelled their name correctly." That may be true but the census taker and the indexer were going by how the name sounded, not how it was properly spelled. There's even a Soundex index created to track phonetic spellings in census records.

Always be willing to check your assumptions as well as your facts. Try to untangle the mystery in a record by learning when and why that record was created.

Carol Cooke Darrow teaches Genealogy 101 classes and facilitates a WriteNOW group of genealogists. Classes start again in September. Check [www.cogensoc.us](http://www.cogensoc.us) for more information.

*Say you saw it in 50 Plus Marketplace News*

## NEED HELP NAVIGATING MEDICARE?



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

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

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

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



## 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)

## VA Hospitals Outperform Private Sector in Patient Experience

Recent results from the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) show that VA's investments in its customer experience program continues to yield significant improvements in the VA patient experience.

In HCAHPS's April 2023 release, 72% of VA medical centers received four or five HCAHPS Summary Stars for the patient survey rating, compared with 41% of Centers for Medicare & Medicaid Services (CMS) hospitals reporting HCAHPS Summary Stars during the same period.

Five years ago, only 26% of VA hospitals received four or five HCAHPS Stars for Patient Survey Rating, rising to 72% in the latest April 2023 results. The recent HCAHPS data indicates that VA facilities outperformed community hospitals on all 10 core patient satisfaction metrics including overall hospital rating, communication with doctors, communication about medication, care transition and more.

After consulting industry leaders and best practices, VA conducted a broad qualitative research project to better understand Veterans' life

journeys. Using the Human Centered Design (HCD) methodology, VA created what became the Veteran Journey Map.

In June 2021, VA sent inpatient surveys after identifying what matters most to veterans in their inpatient hospitalization and discharge experience. Over 18,000 Veterans (FY) 2023 with 89.3% of inpatient veterans reported they trusted VA for their health care.

After analyzing survey data, VA gained a better understanding of its customers and launched innovative initiatives using hospital discharge techniques to improve the patient's experience. Approximately 92% of Veterans Health Administration employees have been trained in VA's customer experience training program,

VA facilities nationwide have already implemented several of these patient experience programs. These programs ensure every employee is trained and focused on consistent delivery of care in an exceptional manner. Veterans' journeys will continue to evolve, and VA stands ready to implement initiatives to provide a better patient experience across the organization. Courtesy of VA.

Friendly Fork Daily Menu		
July 2023	*Contains nuts or may not be suitable for individuals with a nut allergy	
Day	Date	Meal
Monday	3	CLOSED in Honor of Independence Day
Tuesday	4	CLOSED ~ Happy Independence Day!
Wednesday	5	Fried Pollock Tacos with Cheese and Pico de Gallo, Brown Rice with Pumpkin Seeds*, Bandito Beans, Banana, Sugar Cookie, 1% Milk
Thursday	6	Kraut Burger, Potato Salad, Mixed Vegetables, Pineapple, 1% Milk
Friday	7	Austrian Pork over Garlic Mashed Potatoes, Peas/Mushroom/Bacon/Onion Sauté, Wheat Roll with Butter, Fresh Fruit Mix, 1% Milk
Monday	10	BBQ Pulled Pork Sandwich, Broccoli/Olive/Sundried Tomato Salad, Diced Watermelon, Apple Crisp, 1% Milk
Tuesday	11	Sloppy Joe, Roasted Sweet Potatoes, Brussels Sprouts with Side of Malt Vinegar, Grapes, Butterscotch Pudding, 1% Milk
Wednesday	12	Half Turkey & Cheddar Sandwich with Lettuce & Tomato, Side of Mustard & Mayo, Chicken Ditalini Soup with Crackers, Mixed Vegetables, Pear, Orange Vanilla Chia Pudding, 1% Milk
Thursday	13	Pork Loin with Gravy, Mashed Potatoes & Gravy, Capri Blend Vegetables, Wheat Roll with Butter, Cinnamon Applesauce, 1% Milk
Friday	14	Supreme Pizza Slice, Mandarin Orange & Spinach Side Salad with Oil & Vinegar, Banana, Roasted Unsalted Peanuts*, 1% Milk
Monday	17	Italian Wedding Soup with Crackers, Broccoli & Cheddar Stuffed Baked Potato, Mixed Nuts*, Fresh Fruit Salad, Gelatin Parfait, 1% Milk
Tuesday	18	Chicken Fajitas with Peppers & Onions on Whole Wheat Tortillas, Refried Beans, Mixed Fruit with Strawberries, Molasses Cookie, Side of Salsa & Sour Cream, 1% Milk
Wednesday	19	Chicken Fried Steak with Gravy, Mashed Potatoes & Gravy, Wheat Roll with Butter, Orange, Tapioca Pudding, 1% Milk
Thursday	20	Hamburger on Bun with Pickles, Onion, Tomato & Lettuce, Side of Mustard, Ketchup & Mayo, Baked Beans, Banana, Gelatin Parfait*, 1% Milk
Friday	21	Roasted Tilapia over Whole Wheat Pasta with Lemon Butter Sauce, Peas & Carrots, Wheat Roll with Butter, Mixed Fresh Fruit, 1% Milk
Monday	24	Beef Stroganoff, Capri Mixed Vegetables, Apple Slices, Chocolate Rice Krispy Treat, 1% Milk
Tuesday	25	Fried Pork Cutlet with Country Gravy, Mashed Potatoes & Gravy, Green Bean Almondine*, Wheat Roll with Butter, Banana, 1% Milk
Wednesday	26	Whole Wheat Spaghetti & Beef Meatballs, Broccoli & Cauliflower, Watermelon, Gelatin Parfait*, 1% Milk
Thursday	27	Chicken Breast with Gravy, Baked Potato with Side of Sour Cream & Butter, Creamed Spinach, Mixed Fresh Fruit, Carnival Cookie, 1% Milk
Friday	28	Beef & Mushroom Meatloaf, Garlic Mashed Potatoes & Gravy, Steamed Peas, Wheat Roll with Butter, Fresh Strawberries, 1% Milk
Monday	31	Cranberry Chicken Breast, Mashed Sweet Potatoes, Mixed Vegetables, Corn Bread with Side of Butter & Honey, Peaches, 1% Milk

Nutrition content of meals is reviewed by Friendly Fork Dietitian, Jessi Like at 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.



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## July 4th Quotes

"All great change in America begins at the dinner table."  
*Ronald Reagan*

"Liberty is the breath of life to nations."  
*George Bernard Shaw*

"It is impossible to conquer a nation determined to be free!"  
*Thomas Paine*

"Nothing but harmony, honesty, industry, and frugality are necessary to make us a great and happy people."  
*George Washington*

"Liberty has never come from the government. Liberty has always come from the subjects of it. The history of liberty is a history of resistance."  
*Woodrow Wilson*

"I only regret that I have but one life to lose for my country."  
*Nathan Hale*

## TRADING POST

**Travel**

**MOTOR COACH TOURS WITH DIAMOND TOURS**  
2023 Trips  
[www.GroupTrips.com/travelwithaleta](http://www.GroupTrips.com/travelwithaleta) for video and more details  
Email or call Aleta for complete information and flyers.  
[Blondealeta@msn.com](mailto:Blondealeta@msn.com) or 720.382.3814  
I will escort you on these fun trips!!

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For Details.

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

**Services**

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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.

**Cripple Creek Get-Away Wildwood Casino**  
August 29, 30, 31st, 2023  
3 days/2 nights  
Cost : \$175 ( double occupancy)  
Includes: 2 nights stay at Gold King Mountain/Wildwood Casino  
Round trip transportation motorcoach  
Amenities of pool and hot tub  
Free shuttle to explore Cripple Creek

**RSVP**  
Lead With Experience

The RSVP Grocery Shopping and Delivery Program provides a service to those who are homebound and unable to shop for themselves in the Tri Town community. This no cost grocery shopping and delivery service is available weekly. For information and to place an order please call 303-833-2739.

**Travel**

**COSTA RICA VACATION**  
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[Info@costarica-groups.Com](mailto:Info@costarica-groups.Com)  
[Http://www.Costarica-groups.Com](http://www.Costarica-groups.Com)

**Niagara Falls/Toronto**  
September 8 – 18th, 2023  
\$1359

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**Branson Holiday Shows**  
November 12- 18th , 2023  
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**For Sale**

Farmall Tractors: Super M, Super H, Super C, Farmall M, Farmhand F-11 Loader and three-point hitch. Call 970-867-8962

## Trading Post ORDER FORM

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Boulder, CO 80303

Copy due by the 10th of the preceding month.

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 September 8/10/2023  
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## 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!

### Artists Wanted for the Golden Gallery Art Show

We're looking for artists to promote their work at this annual Weld County art show. Two-dimensional pieces accepted. The exhibit is free and open to the public. For more information, contact Sheri at 970-350-9437.

Location: LINC Library Innovation Center, 501 8th Ave.

Submission deadline: August 17

Fee: \$15

### Upcoming Events and Classes

#### Ceramics

Wednesdays, July 5-26 | 1 p.m.

Calling all ceramic lovers! Our expert volunteer instructor will help you during each class. Bring your own greenware and paints, or for an additional fee purchase supplies in class.

Fee: \$9 member, \$14 non-member  
Kaiser Educational Class "Hydration"

Thursday, July 6 | 10 a.m.

Find out ways to stay hydrated and how much water your body needs.

Reservations are required, call 970-350-9440 to secure a spot.

Registration deadline: July 5

Fee: Free

#### Computer Users Group

Saturday, July 8 | 1 p.m.

Computer User Group of Greeley (CUGG) is a non-profit organization that holds monthly meetings on the 2nd Sat of each month and other public activities. Learn ways to use and maintain PCs and other digital devices in two 40-minute presentations, announcements, and Q&A sessions. Visit <https://cugg.org> for details.

Fee: Free member, \$4 non-member

#### 2nd Annual Car Show

Thursday, July 13 | 9:30 a.m. – Noon

Come see the car clubs' beautiful vehicles with special appearances of a Greeley police car and an emergency responder's vehicle. Light refreshments and tours of the Active Adult Center are provided.

Fee: Free

#### AARP 55 Safe Driving Class

Thursday, July 13

When you take the AARP driving class you could be eligible for a multi-year discount on your auto insurance. Safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Call Aspen Club at 970-495-8564 to register.

Fee: \$20 AARP member, \$25 non-AARP member (payable to the instructor on the day of class)

#### A Steadying Inner Resource

Monday, July 24 | 10:30 a.m.

Have you felt beaten down by repeated disheartening news? In this class, we engage in five practices to build your resilience or ability to have inner strength, optimism, and flexibility in the face of adversity and disappointment. Taught by Deanna O'Connell, UC Health registered dietitian and mindfulness practitioner. To register, call Aspen Club at 970-495-8564.

Fee: Free

#### Travel Programs

##### Rockies Game

Wednesday, July 19 | 11 a.m.

Come see the Colorado Rockies take on the Houston Astros in this mid-week matchup.

Registration deadline: July 5

Fee: \$35 member, \$40 non-member

Bally's Arapahoe Park Horse Track

Monday, July 24 | 11 a.m.

And they're off! Look no further for your horse racing fix. Bally's Arapahoe Park is the go-to track for fast-paced fun at the horse track.

Registration deadline: July 5

Fee: \$30 member, \$35 non-member (lunch included)

#### Candlelight Dinner Playhouse: The Little Mermaid

Thursday, August 3 | 5:15 p.m.

Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, Disney's "The Little Mermaid" is a hauntingly beautiful love story for all ages.

Registration deadline: July 20

Fee: \$80 member, \$85 non-member

#### TOPGOLF

Tuesday, August 8 | 9 a.m.

Topgolf in Thornton is truly a unique golfing experience. This sports entertainment complex features inclusive, high-tech golf games that everyone can enjoy. Bring your own clubs or borrow some from the venue. This trip is sure to be a hole in one!

Registration deadline: July 25

Fee: \$55 member, \$60 non-member (lunch included)

#### Fiske Planetarium

Saturday, August 12 | 10:15 a.m.

Opened in 1975, Fiske Planetarium remains the largest planetarium between Chicago and Los Angeles. Located on the campus of Colorado University, the venue offers lights shows, workshops, and many other fun interactive activities for everyone to enjoy. Show will be announced closer to trip.

Registration deadline: July 29

Fee: \$35 member, \$40 non-member

#### Rockies Game

Wednesday, August 16 | 11 a.m.

Watch the Colorado Rockies compete against the Arizona Diamondbacks.

Registration deadline: August 2

Fee: \$35 member, \$40 non-member

#### Gabbie Gourmet: Casa Bonita

Tuesday, August 22 | 10 a.m.

Majestic waterfalls, dancing gorillas, and all you can eat tacos. What more could you want in a restaurant? Casa Bonita is back and better than ever! Join us as we explore this one-of-a-kind Colorado staple.

Registration deadline: August 8

Fee: \$20 members, \$25 non-members

#### Strike It Rich! Bally's Casino

Friday, August 25 | 9 a.m.

Kick back and relax on this charter bus trip to Bally's Casino in Blackhawk. Registration included \$10 in free slot play, and an opportunity to earn \$15 in food credits if you rack up 50 points in casino play. Lunch will be at the casino and at each participant's own expense.

Registration deadline: August 11

Fee: \$20 member, \$25 non-member

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.municodemeeetings.com/>

For more information, about 50+ travel programs and events, visit [GreeleyActiveAdultCenter.com](http://GreeleyActiveAdultCenter.com)

50 Plus Marketplace News

# Crossword Puzzle

July 2023  
Answers page 12

1	2	3	4		5	6	7	8	9		10	11	12	13
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#### ACROSS

- 1 Side
- 5 Small antelope
- 10 Morse element
- 14 City in central Texas
- 15 The spirit of a dead person
- 16 Remarkable
- 17 Affirm with confidence
- 18 Neuter singular pronoun
- 19 Collection of weaponry
- 21 Divided by a septum
- 23 Boy
- 24 Comforter or quilt
- 25 Of thou
- 26 Ancient musical instrument
- 30 Run away from a debt
- 35 To be unwell
- 36 Drinks (as a cat)

- 38 Person that paces
- 39 Slovenly person
- 41 Cooked by frying
- 43 Star of the first magnitude
- 44 Excursions
- 46 Beige
- 47 Spread out for drying
- 48 Compositions
- 50 Rudimentary
- 53 Monetary unit of Iran
- 55 Mythical sea monster
- 56 Learned
- 60 Lip shaped
- 64 Slender dagger
- 65 Otherwise
- 66 Mark left by a healed wound
- 67 Increases

- 68 Act in response
- 70 Polynesian carved image
- 71 Small recess
- 72 Upbeat
- 73 Paradise

#### DOWN

- 1 It was
- 2 Overhanging lower edge of a roof
- 3 Headless
- 4 Subject to death
- 5 Leave out
- 6 Charge per unit
- 7 Prefix meaning not
- 8 Expanse of sand
- 9 Republic in SW Asia
- 10 Contest between two persons
- 11 Old Indian coin
- 12 Scrutinize
- 13 Grove
- 20 Cease being awake
- 22 Disposed
- 25 Average
- 26 Dough
- 27 Grain stores
- 28 Mischievous person
- 29 Admirable
- 31 6th letter of the Hebrew alphabet
- 32 Constituent of vinegar
- 33 Desert region in S Israel
- 34 Commerce
- 37 Inhabitant of Serbia
- 40 Brassiere
- 42 Pair
- 45 Damascus
- 49 Mountain range
- 51 Steal from
- 52 Sad
- 54 Snake
- 56 Duration
- 57 Commotion
- 58 Untie
- 59 Flat circular plate
- 60 Positions
- 61 Skills
- 62 Grasp
- 63 Ireland
- 69 Similar to

## A Special Anniversary Gift

Tim and Melinda O'Brien of Kansas City, MO were married 40 years ago and spent their wedding night at what was then known as the Muehlebach Hotel, which presented them with a gift certificate good for a free room for the night in any year on the month of their wedding anniversary. The certificate was lost some time ago but as their anniversary approached this year, they found it. The hotel was sold to the Marriott Hotel Chain in 1996 but Tim decided to contact the new owners to see if they would still honor the gift certificate. The folks

at Marriott agreed and said that, of course, they would for the same rate they paid in 1983 -- just \$38.



## 25th Anniversary Celebration



L-R: Melissa Peterson, Irish Martin, Jessica Diamond, Amy Moore, Eileen Smith

The Bridge & Life Care Center are excited and thankful to be serving Greeley and the surrounding communities.

A fun Carnival set the stage for families, friends, residents, businesses and others to join in the

celebration. There were games and prizes galore. You had to keep your distance from the dunk tank. Getting too close meant water coming your way. Visitors had the opportunities to have their winning ticket draw for their favorite Gift Basket. There was a wide-variety baskets to choose from.

A good time for everyone was easily observed. Lots of smiles too!

Congratulations to THE BRIDGE AND LIFE CARE CENTER.



The Bridge at Greeley and Life Care Center of Greeley celebrating a 25th Anniversary ribbon cutting ceremony

## Weld Area Agency on Aging Calling All Artists!



Holly Darby

The Golden Gallery Art Show is an event intended to promote the art of Weld County's residents age 50+. The Weld County Area Agency on Aging and Greeley Active Adult Center is excited to host this event in a new location, LINC The Library Innovation Center in Greeley. Thank you to our gold level sponsors Dawn Strohecker of Edward Jones, Holiday by Atria - Greeley Place, and Mountain View Welding.

Showcased art by both amateurs and professionals will include photography and two dimensional paintings, drawings, and mixed media. The opening reception will be September 20, 2023 from 4:00-6:00 pm at LINC Library

Innovation Center, 501 8th Avenue in Greeley. Show dates will be September 20th through October 18th during the library's regular business hours.

The Art Show Committee is excited to announce a new voting structure for the 2023 show! Professors and students from UNC and AIMS Department of the Arts will judge the art prior to the opening reception and will vote on amateur and professional pieces in separate categories. Category one will be photography and category two will be all paintings, drawings, and mixed media. Ribbons will be given to the top three amateur and professional artists for each category.

For more information please contact the Greeley Active Adult Center at (970) 350-9437, email Sheri.Lobmeyer@GreeleyGov.com, or visit <https://greeleyrec.com/active-adult-center/>.

## Technology is Hip!

### Comcast Offers Nationwide Public Wi-Fi Network



Bob Larson

Comcast offers a nationwide public Wi-Fi network across the USA. It is the largest of its kind in the nation using two frequency bands at 2.5 and 5 Ghz.

It's available in outdoor and business locations, all of which can be found online at [www.xfinity.com/wifi](http://www.xfinity.com/wifi).

Hotspots are wireless access points that allow you and others to connect wireless devices to the Internet. Hotspots can be found at coffee shops, universities, libraries, airports, restaurants, hotels, hospitals, and other locations. They can even be found at your home if you live within range of a hotspot. If you have a comcast Xfinity Internet account, you can find where the public Wi-Fi hotspots are located using their Wi-Fi map system.

Connecting to their Xfinity public Wi-Fi network is easy! If you're a Xfinity Internet customer with a Wi-Fi-equipped device like a laptop or smartphone, go to Settings > Wi-Fi, then select from the list of in-range networks, select "Xfin-

ity" or "Xfinitywifi." You will need to sign into your Xfinity account to access the local Xfinity Wi-Fi public network. Non-Xfinity customers can pay \$20 per month for using their public Wi-Fi network.

It's recommended to do an Internet speed test to check the Internet reliability when using the different video teleconference services. Video streaming takes lots of bandwidth at two Mbps in both directions using [www.speedtest.net](http://www.speedtest.net).

Existing Xfinity Internet customers with an iOS or Android device can download the Xfinity Hotspot app to connect to their Wi-Fi hotspots. If you have a Xfinity mobile account, you can access their public Wi-Fi network instead of using their cellular network for free.

Customers can expect Wi-Fi hotspot speeds suitable for web browsing, video streaming, sending emails, video chatting, and more. The Internet speeds range from 5 to 10 Mbps up and 25 to 50 Mbps down, which are all suitable for the different services. Bob Larson is a technologist and Marketing Director for 50 Plus!

## Better Business Bureau

### How To Keep Your Devices Safe When Traveling



Shelley Polansky

The world is more connected than ever before – even on vacation. If you're traveling, you'll likely be taking a device, or two, or three with you. Learn

how to keep your cell phone, laptop, tablet, and other devices, as well as the information stored on them, safe and secure with BBB's cybersecurity tips for travelers.

How to stay secure while traveling

Keep an eye on your stuff. Never leave your devices unattended or in the care of a stranger. If you need to leave them in your hotel room, consider locking them in a safe or in your luggage.

Be careful about how you charge up. Portable chargers or wall outlets are preferable if you need to charge your device in a public space like a coffee shop or an airport.

Check your settings. Adjust your settings to prepare for travel. Turn off the auto-join feature to avoid connecting to shady Wi-Fi hotspots as you travel. Turn on the "find my phone" feature so

you can track your device if it gets lost and disable it if it's stolen.

Always enable password protection. Make sure your devices require a password to unlock them. Use a strong password, PIN, fingerprint, or facial scan to ensure a stranger can't unlock your device.

Keep your antivirus up to date. Before you leave, ensure your antivirus software is up to date on all your devices. Once you return home, run a scan to make sure you didn't pick up any malware during your travels.

Back up your files. Back up your photos, files, and any other important digital data you have before and during your trip. That way, you won't lose your valuable information if your device gets lost or stolen.

Use secure Wi-Fi networks. Think twice before using public Wi-Fi networks, especially if they aren't password protected. Never make a purchase or login into accounts while on public Wi-Fi. Bad actors could be "eavesdropping" on your connection, waiting for you to reveal sensitive, personal information. Wait until you can access a secure network to carry out important transactions.