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Local News, Profiles, Events & Resources For 50 Plus Adults

June 2023 • Volume 29 • Issue 6

Father's Day Origins & Traditions

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972, 58 years after President Woodrow Wilson made Mother's Day official that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2023 will occur on Sunday, June 18.

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent

to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In

1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Paradoxically, however, the Great Depression derailed this effort to combine and de-commercialize

the holidays. Struggling retailers and advertisers redoubled their efforts to make Father's Day a "second Christmas" for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When World War II began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts. Courtesy of History.com



Northern Colorado VA Super Clinic Celebrates One Year Anniversary

In May, the Dept. of Veterans Affairs (VA) celebrated their one year anniversary at their Northern Colorado Outpatient Clinic in Loveland. Located on 4575 Byrd Drive behind the Harley Davidson Motorcycle building along Interstate 25 in Loveland, it has a staff of over 350 personnel. As part of the VA Cheyenne Health Care System, this one-year old facility provides services for over 50,000 veterans located in the Northern Colorado region. Their recent anniversary event hosted over 25 vendors from different VA support groups and related veterans' services.

The Outpatient Clinic has over 76 thousand square feet and cost \$17 million, which came in under budget. It offers primary care, mental health, radiology, dental, physical therapy, social work, laboratory services, pharmacy, audiol-



Pictured are the medical staff with a Vietnam Veteran in Physical Therapy

ogy, optometry, and specialty services such as cardiopulmonary and podiatry services too. Interestingly, they are expanding in several areas with dental hygienists, case workers, and more mental health practitioners. Plus they have four

chaplains on call in the facility. All registered veterans who need help with these free services should stop by to visit this amazing facility and dedicated staff! Call the Clinic at 970-593-3300 for more info!

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JUNE Calendar

Thursday/1

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

Tuesday/6

AARP presents a free online program on "Discover the Safety Benefits of New Car Technology" at 9 am on Zoom. This 90-minute interactive workshop will cover the latest technologies to look for when shopping for a new car and how to make the most of these high-tech safety features when driving. Learn about the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights and more! Email: drive@aarp.org to register.

Monday/12

Alzheimer's Assn. presents a free program on "Understanding Alzheimer's and Dementia" at 5 pm on Zoom. Alzheimer's disease is not a normal part of aging. 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 by phone at 800-272-3900.

Thursday/15

Colorado Gerontological Society presents a free program on "Aging in Place: Living Alone with a Support System" by Eileen Doherty at 12 noon on Zoom. Choosing your support system is important. Learn more about steps to take to continue to live independently. Please register online at www.senioranswers.org or call 855-293-6911.

Thursday/22

AARP presents a free program on "Ten Warning Signs of Alzheimer's" at 11 am on Zoom. Join us to learn how to recognize common signs of Alzheimer's disease in yourself or in a loved one; how to approach someone about memory concerns; the importance of early detection of Alzheimer's and benefits of a diagnosis; and possible tests and assessments of the diagnostic process. Register at email: KRitualo@aarp.org.

Check individual venues for current information

Calendar sponsored by:

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Greeley Active Adult Center
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GreeleyActiveAdultCenter.com

AAA Film Festival



Standing left to right: Monica Wickstrom, Dawn McIntosh, Nancy Culbreath, Ron Heil, Susan Collins, Nichole Seward

Seated left to right: Filmmaker: Kathleen O'Neil, Anne Curry, Susan Bromley, Nancy Haffner

Film Festival Committee Members gathered around Kathleen O'Neil (pink) who produced and co-edited "IT'S HIP TO BE OLD" a feature of the film festival. Kathleen came from British Columbia to speak about her film. The Film Committee was delighted by her presence. And, appreciated everyone who came to The Kress Cinema & Lounge in Greeley where the 12th Annual Film Festival was held...



The Film Festival audience is getting seated in advance of the opening film.

A Win – Win Their First Time



Vendors set up and ready to meet and greet Resource Fair visitors.

Just recently the Carbon Valley Parks & Recreation District organized and presented a SENIOR RESOURCE FAIR with a primary aim of bringing together local agencies, individuals, business and others who serve the senior community

and their families. The wide variety of those various vendors did just that, talking about their services, products and answering questions. On top of that, coffee and donuts were served to the appreciation of everyone. There was an even flow of visitors to the Resource Fair to the delight and appreciation of all the vendors. This first-time event was a Win – Win and will provide a solid foundation for planning the 2024 Senior Resource Fair.



Carbon Valley Resource Fair organizers (l-r) Sarah Spriggs, Shirl Garcia, Lindsay Adams, Nichole Seward



A short time before the Resource Fair was to open, the Recreation Center fire alarm sounded causing everyone to hurry up, exit outside and wait. The Firestone Fire Department responded quickly and carefully & efficiently assessed the situation and eventually gave the all-clear. So back inside the Resource Fair was able to get underway.

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

DEADLINE

10th of the Preceding Month

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

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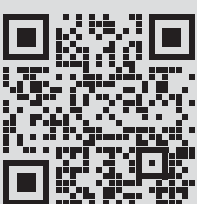
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See you there!

Elder Law Q & A

Why Hire an Elder Law Attorney?



Will Beyers

Elder law attorneys typically specialize in estate planning, incapacity planning, and end-of-life care for seniors. These practitioners are essential because they work to protect a vulnerable population.

How Can an Elder Law Attorney Help My Aging Loved One?

Having a plan for your aging loved one's care can relieve anxiety for you and the senior. Elder law attorneys can help their clients by providing some of the following services:

Long-Term Care Planning

The number of Americans living past age 65 has exponentially increased. This increase requires more people to pay close attention to the need for long-term care planning.

An elder law attorney can help you create a customized plan for your needs and assist you in allocating money to pay for the essentials as you age. In addition, with expertise specific to elder law at the federal level and in your state, they can aid you in determining what public benefits you could qualify for, such as Medicaid and Medicare, and help you successfully apply for them.

Estate Planning Document Preparation

Most people contact an elder law attorney whose expertise includes es-

tate planning when they need end-of-life documents drafted. Yet it is smart to start estate planning when you are still healthy.

Elder law attorneys may draft for their clients such documents as trusts, wills, health care directives and power of attorneys. By carefully crafting these documents, an attorney can help protect a senior's legal rights when it comes to their retirement benefits, estate administration, and medical decision-making authority.

Create a Plan for Incapacity

A related piece of the puzzle is incapacity planning. This could mean having an elder law attorney advise you on documenting your wishes for care at the end of your life, in the wake of a disability, or after a diagnosis of dementia.

An elder law attorney can assist seniors and their families as they try and protect the senior's financial and physical well-being as their condition progresses.

Keeping your elderly loved ones safe is essential to supporting their care and protecting their legacy. Hiring an elder law attorney you trust can help you accomplish this and keep your parents, grandparents, or other aging relatives protected.

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.

Reflections

To Commit Or Not



Martha Coffin Evans

That's the advice. By doing so, I made the commitment to remain in my first job. I was on the verge of quitting, at least on paper, as a first year teacher. His advice to stay the course, give my students time to adjust to my expectations, proved most sage. I still remain in touch with some of those students!

Well-meaning friends may offer their words of wisdom about what to do, where, when and how. "You're getting your money's worth," my friend's husband John would say about her freely offered advice. After listening to others, and doing careful research, we may need to change the narrative before we make a commitment.

Even when we commit to something new, it may not turn out as we hoped. We would never know had we not made a commitment.

Can we commit to something without taking action? That's a question for another day.

Knowing who to listen to or not, can make a difference in the outcome. At a critical point in my career, I chose to listen to my father's

Beware of the Latest Scams!

The Federal Trade Commission latest statistics indicate: 2022 - \$1.3billion lost to on-line romance scams targeting 70,000 people; 2021 - \$1billion lost in crypto scams targeting 46,000 people aged 30-49; 2022 - Over \$9.2million lost to grandparent scams targeting seniors!

These stats could be low since many scams go unreported. Why? Embarrassment, humiliation, feeling stupid, dumb, etc. These are all normal feelings, but reporting is the best way to help stop bad actors. No one is immune to being scammed.

Here are several of the latest scams:

TOP SCAM: the law enforcement impersonator targets medical offices and physicians. The scammer spoofs the sheriff's office main phone number), represents himself as Deputy/Sgt/Detective so and so. Asks you to call back at a different number if you did not pick up. You failed to appear on a subpoena or missed a trial date to testify regarding a patient. You now have a warrant for your arrest and your bond is set at \$8,600. Please remember - law enforcement NEVER calls you and asks or money over the phone.

OTHER LAW ENFORCEMENT IMPERSONATORS: You get a call from the Dept of Border Patrol as your identity has been used for drugs and money laundering. If you do not want to be arrested, you must pay. This caller has an Indian accent.

PUBLISHERS CLEARING HOUSE: A Mercedes is on its way to your house, and you also won millions of \$\$\$\$\$. All you have to do is confirm you want this windfall by buying money cards at Dollar Store, 7-11 or other location and pay the caller \$850.

EMAIL FROM SOCIAL SECURITY: A fake email sender representing Social Security.

Subject: Your id has been found in money laundering. Your Intimation email ... your social security number has been put on temporary suspension due to illegal activities.

INVESTING IN CRYPTO CURRENCY:

New twist starts with an on-line romance link and once trust is established: this new "friend" wants to help you invest in crypto. Losses through crypto scams tend to be much higher than other scams.

REMEMBER: If you are reacting to an email, phone call, text, or social media offering, and feel fear, excitement, sense of urgency, curiosity, etc.- please do NOT act - it is a scam. If you were in your rational thinking mode, rather than an emotional reaction, you would see the red flags. Scammers want you to be compliant so you will give them what they want. Always keep in mind - if it seems too good to be true - it is! Listen to your instincts. Courtesy Larimer Sheriff.

Happy Father's Day

Fatherhood is full of challenges, but eventually they move out.

Dan Taylor

Good dads forgive your mistakes. Great dads help you hide them from mom.

Bill Gray

A man's real wealth is in his children...for they have spent all of the other kind.

Melvina Young

A father's love is like an evergreen: steady and strong, weathering all seasons...

Keely Chace

A dad makes sure all his campers are happy campers.

Bill Whitehead

Being a father isn't always clear skies and smooth sailing. But every bit of the journey, the ups and downs and in-betweens, makes it an even more meaningful adventure.

Courtney Taylor

No matter how small you were, when Dad said, "I love you," you'd feel bigger than the sky.

Melvina Young

A great father makes his family feel so blessed.

Diana Manning

And so God created dads so that there would forever be bedtime-story-readers and cover-tuckers, shoulder-carriers at parades and star-pointers on clear nights, bike-riding coaches and driving instructors, love-providers and proud protectors. And He saw that it was good.

Melvina Young

A dad prays for strength to protect his family, wisdom to guide them, and humility to learn as he goes.

Megan Haave

A dad has arms to lift high, a heart to love, shoulders to support, a smile to reassure, a hand of blessing to send you out into the world, a warm embrace to welcome you back home.

Keely Chace

God couldn't be everywhere, so He invented Dads to handle leaky pipes and weird noises.

Dan Taylor

A father's faith is his family's guiding light.

Jeannie Hund

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Say you saw it in 50 Plus Marketplace News

Genealogy Rocks!

Summer's coming! Remember the joy that those words brought us each school year! You, of course, may not have been in school this year but you may have worked hard on researching and analyzing your family history. How are you going to spend those sunny months ahead?



Carol Darrow

Traveling to ancestral hometowns is always popular. You may have identified that hometown, its cemetery and farm location. You can take this opportunity to take pictures of local landmarks and perhaps visit the local courthouse to seek records.

Your travels might take you to Salt Lake City to explore the Family History Library with its multiple resources in books, manuscripts and computer access. For those in the Midwest, the Allen County Library in Fort Wayne, Indiana, offers access to records in the surrounding states and an enormous library of genealogy journals published by genealogical societies across the U.S.

Classes and seminars will continue over the summer and may be just what you're looking for. The website <https://conferencekeeper.org/> maintains a list of Zoom and in-person classes and presentations on a wide variety of topics. Many are free to attend.

If travel isn't in your plans, you might want to work on summarizing all the information you've gathered about your family. If you are the recipient of piles of documents passed on to you, you might want to use Legacy Family Tree software or Roots Magic software to organize all that information.

Another alternative is to try your hand at writing a short piece about the history of your family. Start slowly, setting your goal at 500 words. Is your story one of immigrants who came to the U.S. in the 1880s or a story of colonial ancestors who were here before the American Revolution? Either way, you'll soon want to expand your story to include more generations and more stories.

Happy Summer!

The Colorado Genealogical Society at www.cogensoc.us will resume classes in September on Zoom.

Ron Stern's Travel Series

Newport Beach Luxury at the Balboa Bay Resort



Ron Stern

I invariably seem to be drawn to the ocean. Having moved from California to land-locked Colorado, I still miss the sunny beaches, blue skies and all things nautical.

Fortunately, my vision of a dreamy watery oasis that satisfies all the senses was found at the Balboa Bay Resort in Newport Beach, California.

Nestled along the Pacific Coast between Los Angeles and San Diego, this award-winning waterfront retreat sits right on the Balboa Marina. With abundant sunshine, luscious sunsets and hundreds of yachts, the views here would make any watercolorist envious.

Accolades are numerous and include the AAA Four-Diamond designation, the Forbes Travel Guide Four-Star Rating three years in a row. Most recently, the hotel was named the #1 Resort in Newport Beach by U.S. News & World Report. It's no wonder as the moment I came on property, the service, ambiance, and attention to detail was obvious.

The property has 159 rooms with both courtyard/pool and bay views. Ours was the latter and was beautifully adorned with an extremely comfy bed, plush linens, and all the amenities you would expect from a hotel of this caliber. Our balcony opened to a gorgeous vista of Balboa Marina. The brilliant blue sky framed a harbor packed full of small to epicly huge yachts neatly tucked into their prospective docks.

A+O (Anchors and Oceans) is their signature restaurant and their floor to ceiling windows afford magnificent waterfront views. I loved the

color palette here and throughout the resort which echoes the colors of the sea. Vibrant hues of ocean blues, sparkling whites, light wood paneling with splashes of yellow accents set just the right nautical mood.

They offer a variety of seafood options during the season such as swordfish, big eye tuna and spiny lobster as well as east and west coast oysters. My suggestion is to also try their cool and creamy local burrata and the salt and pepper shrimp. Both were tasty and delicious. If available, the dark chocolate crème brûlée was the perfect ending to a great meal. Book at least an hour before sunset to admire the show that nature provides with some spectacular colors.

In the morning we had freshly brewed coffee and a tropical sunset smoothie (pineapple, strawberry,



banana, with coconut milk) at their Blend Cafe. Serving breakfast and lunch the latter includes familiar and new favorites like a Waldorf Salad, teriyaki chicken wrap or Cuban Sandwich.

The Balboa Bay Resort combines just the right elements of excellent service, great food, and casual luxury. Consequently, check-out day might be a sad one, as it was for us, wishing we could stay longer. Fortunately, the length of your visit is altogether in your control and one you will no doubt savor for a lifetime.

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

All photos courtesy of The Brown Palace Hotel & Spa.

A Milestone Celebration

Inez "Jimmie" McCaffree of Greeley celebrated her 108th birthday on Friday, May 26. Jimmie was born in 1915 on a farm in the small town of Elsie, Nebraska where she lived for 40 years before moving to Sterling, Colorado and living there for the next 50 years. Jimmie has lived her life serving others not only as a nurse until the age of 65, but Jimmie and her late husband Robert sponsored a couple from India whom they welcomed into their lives, and they became a bonus set of children to them. The care team at Life Care Center of Greeley describe Jimmie as a "firecracker" with a fantastic sense of humor and a kind heart, much like her late husband Robert would often describe



Jimmie saying, "dynamite comes in small packages." Jimmie celebrated her birthday surrounded by family, friends, and her care team.

Car Show And Membership Drive



Join us on July 13 from 9:30 AM to 12 p.m. for our second annual Car Show and membership drive at the Active Adult Center 1010 6th Street. The event is free and open to members, their families, and the public. Come and enjoy classic cars sponsored by our very own "Car Lovers Unite" group along with the City of Greeley Fire engine, Police car, and more. Refreshments will be available, as well as tours of the Active Adult Center facility. Don't miss this opportunity to see what the center is all about. For more information call 970-350-9440.

We're 25!!

2023 marks an important milestone for a Greeley fixture. Life Care Center and The Bridge are both turning 25 in '23!

Both communities have seen many changes in their 25 years. We went from being one of a very few buildings on the west side to watching Lowes, CenterPlace shopping center, Freddy's and much more sprout up around us.

We have had the pleasure to serve so many elders and their families in a variety of capacities and weathered a yearlong pandemic. We have had the privilege of being involved with numerous local charities and hosted many fun and exciting events. In honor of our time in this won-

derful community, our two buildings will be hosting a 25th Anniversary party! When you ask? Thursday June 15th from 2:00pm-6:00pm in the area between our buildings!

There will be many things happening: we will be having a ribbon cutting, some short speeches, and then some fun and frivolity with a carnival!! There will be lots of games, food, music, drawings and perhaps even a chance to dunk some of our leadership teams! So come on over and help us celebrate our silver anniversary!

For further information or questions, please call Life Care at 970-330-6400 or The Bridge at 970-339-0022.



Say you saw it in 50 Plus Marketplace News

Part Time SALES!

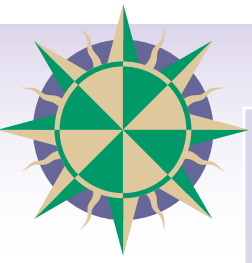


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ANSWERS ON AGING RESOURCE GUIDE

Disclaimer: This list is not intended to be inclusive of the wide range of services that are available for older adults. This list presents the most common numbers that are requested by older adults and their families. Weld County Area Agency on Aging is released from any liability and claims no responsibility for any services rendered by the listed agencies. For more information call 970-400-6952

For Older Adults in Weld County published 3 times a year by:



Weld County Area Agency on Aging

Adult Day Programs

Easter Seals Colorado WINGS. 1656 Topaz Dr, Lvd 970 669-2777
 Elderhaus Adult Day Program. 6813 South College Ave, FtC 970 221-0406
 InnovAge Colorado PACE, North 1303 East 11th St, Lvd 970 800-5500
 TRU PACE. 2593 Park Lane, Lafayette 303 665-0115

Adult Protective Services

Adult Protective Services (APS) Education 315 North 11th Ave, Bld C, Grl 970 400-6109
 Adult Protective Services (APS) Reporting 315 North 11th Ave, Bld C, Grl 970 400-6700

Advance Directives

Alzheimer's Association 2695 Rocky Mnt Ave Lvd 970 392-9202
 Colorado Legal Services 912 8th Ave, Grl 970 353-7554 x101
 Systems of Care Initiative (SOC) 1175 58th Ave, Grl 970 449-6840
 UCHealth Senior Services/Aspen Club 970 495-8560

Caregiver Support

Alzheimer's Association 24/7 Helpline 800 272-3900
 Colorado Respite Coalition www.coloradospitecoalition.org 303 233-1666
 Dementia Together 8403 Castaway Dr, Windsor 970 305-5271
 Family Caregiver Support Program 315 North 11th Ave, Bld C, Grl 970 400-6130
 Parkinsons Association of the Rockies 1325 S. Colorado Blvd Suite 204-B Dnv 303 830-1839

Case Management

A Care Management Group, Inc. 104 Hummingbird Place, Bth 970 726-4597
 A Woman's Place 970 351-0476 / 24/7 Crisis Line 970 356-4226
 ADRC Options Counseling 315 North 11th Ave, Bld C, Building C, Grl 970 400-6952
 Catholic Charities of Weld County 1442 North 11th Ave, Grl 970 353-6433
 Connections for Independent Living 1331 8th Ave, Grl 970 352-8682
 Dementia Together 8403 Castaway Dr, Wdr 970 305-5271
 Envision: Early Intervention/Developmental Disabilities 1050 37th St, Evans 970 339-5360
 InnovAge Colorado PACE, N. 1303 East 11th St, Lvd 970 800-5500
 North Colorado Health Alliance 2930 11th Ave Evans 970 350-4673
 Options for Long-Term Care 315 North 11th Ave, Bld C, Grl 970 400-6950
 The Sexual Assault Victim Advocates 921 8th Ave Crt, Grl (970) 506-4059 / 24/7 970 472-4200
 TRU PACE 2593 Park Lane, Lafayette 303 665-0115

Case Management – Private Pay (Older Adults)

Covell Care & Rehabilitation, LLC 2350 Limon Dr, FtC 970 204-4331
 Life Changes Care Management 970 999-5169
 Senior Life Solutions, LLC 343 West Drake Rd, Ste 110 FtC 970 282-7975

Chore Services

Chore Service Program 315 North 11th Ave, Bld C, Grl 970 400-6133

Consumer Affairs/Legal

AARP (888) 687-2277

Colorado Consumer Line (800) 222-4444
 Colorado Legal Services 912 8th Avenue, Greeley, CO 80631 (970) 353-7554
 Consumer Fraud (District Attorney) 915 10th Street, Greeley, CO 80631 (970) 356-4010
 Green Path Debt Solutions (970) 229-0695
 Medicare Advocacy, Quality of Care (KEPRO) (844) 430-9504
 Alzheimer's Association 24/7 Helpline 800 272-3900

Counseling and Support Groups

American Cancer Society, 8221 W. 20th St, Ste A, Grl 970 356-9727
 Banner Hospice Bereavement Services, 2726 W. 11th St Rd, Grl 970 352-8487
 Community Grief Center 2105 Clubhouse Dr, Grl 970 506-4114
 Connections for Independent Living 1331 8th Ave, Grl 970 352-8682
 Dementia Together 8403 Castaway Dr, Windsor 970 305-5271
 Grandparents Raising Grandchildren Program 315 North 11th Ave, Bld C, Grl 970 400-6133
 Kinship Support Group 970 353-6433
 Moving Forward – Brain Injury Support Group 2774 Reservoir Road, Grl 970 506-0008
 North Range Behavioral Health 145 1st St, FtL 970 347-2420
 North Range Behavioral Health 4943 Highway 52, Ste 205, Frederick 303 857-2723
 Parkinson's Support Group 1090 43rd Ave, Grl 303 830-1839
 Pathways for Grief & Loss 305 Carpenter Road, FtC 970 663-3500
 Pennock Center for Counseling 211 South 21st Ave, Brighton 303 655-9065
 The Sexual Assault Victim Advocate Center (SAVA) 921 8th Ave Court, Grl 970 506-4059
 UCHealth Senior Services/Aspen Club (Medicare counseling) 970 495-8560

Dental Assistance

Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl 970 400-6629
 DentaQuest (Medicaid) 855 225-1729

Durable Medical Equipment

Aerocare 3640 West 10th St, Grl 970 584-1020
 Alliance Medical Group 914 11th Ave, Grl 970 353-3316
 Banner Home Medical Equipment 1990 59th Ave, Ste 300, Grl 970 810-6420
 Certified Prosthetics & Orthotics 1620 25th Ave, Ste A, Grl 970 356-2123
 Don Paul Respiratory 965 59th Ave, Unit C, Grl 970 356-0210
 Frontier Access & Mobility 819 E Mulberry, Ftc 970 223-8267
 Good Day Pharmacy Eaton, Greeley, Johnstown & Longmont 970 461-1975
 GoodHealthWill 2393 West 27th St, Ste 52-B, Grl 970 515-6935
 Grace Medical Supplies 866 514-7223
 Home Safety 315 N 11th Ave, Grl 970 400-6305
 Lincare 2533 11th Ave, Grl 970 356-1506
 Physician's Choice Medical 7000 Broadway, Ste 200, Denver 303 429-7300
 RCC 3109 35th Ave, Ste C, Grl 970 356-9078
 Shield Healthcare 18150 East 32nd Pl, Unit c, Aurora 800 525-8049



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 UCHealth Aspen Club for assistance: 970.495.8558 or 970.495.8560.



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- Cognitive Support
- Hospice Care

(970) 494-1111
www.rightathome.net/northern-colorado



Ager's Resource Guide

Elder Abuse (including Scams and Fraud)

Adult Protective Services: 315 N. 11th Ave, Grl Edu 970 400-6109 /Report 970 346-7676
 Colorado Consumer Line/AARP Foundation, Elderwatch 800 222-4444 option 2
 Long-Term Care Ombudsman 315 N. 11th Ave, Grl 970 400-6128

Employment

Division of Vocational Rehabilitation 5250 Hans Peak Dr, Ste 120 Lvd 970 235-7072
 SER – Senior Community Service Employment Program 877 872-5627
 Weld County Employment Services 315 N. 11th Ave, Grl 970 400-6731

Energy Assistance

Energy Outreach Colorado 300 825-8750
 Energy Resource Center (weatherization) 3543 South Lincoln Ave, Ste 2, Lvd 970 617-2801
 Low-Income Energy Assistance Program (LEAP) 866 432-8435 / Furnace Repair (855) 469-4328

Financial Assistance

Assurance Wireless (cell phones) 888 321-5880
 Carbon Valley Help Center 150 Buchanan Ave, Firestone 303 833-6626
 Catholic Charities of Weld County 1442 North 11th Ave, Grl 970 616-8615
 Salvation Army 1119 6th St, Grl 970 346-1661
 Social Security Administration 5400 West 11th St, Grl 800 772-1213 / Grl Office 877 405-9195
 United Way 2-1-1 814 9th St, Grl 2-1-1 or 970 353-8808
 Weld County Department of Human Services 970 352-1551 option 4

Food

Carbon Valley Help Center 150 Buchanan Ave, Firestone 303 833-6626
 Food Assistance Program 2950 9th St, Fort Lupton 303 857-4052
 Food Assistance Program 315 N. 11th Ave, Grl 970 352-1551
 Friendly Fork 970 400-6132
 King Soopers Homeshop Delivery Service 800 677-5464
 Meals on Wheels 2131 9th St, Grl 970 353-9738
 Meals on Wheels 300 1st St, Firestone 303 833-3021
 RSVP Volunteers in Service 970 515-5125
 Salvation Army 1119 6th St, Grl 970 346-1661
 United Way 2-1-1 814 9th St, Grl 2-1-1 or 970 353-8808
 Weld Food Bank 1108 H St, Grl 970 356-2199

Health Education and Wellness

Community Wellness Line (NCMC) 1801 16th St, Grl 970 810-6633
 UHealth Senior Services/Aspen Club 970 495-8558
 Weld Aging Well 315 North 11th Ave, Bld C, Grl 970 400-6117

Hearing Assistance

Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl 970 400-6629
 UNC Speech-Language Pathology & Audiology Clinic, Gunter Hall, 501 20th St, Grl 970 351-2012

Home Care Agencies/Home Health

A Little R & R Home Care 1966 West 15th St, Ste 1, Lvd 970 667-1067
 Accent Care 4065 St Cloud Dr, Ste 200 Lvd 979 346-9700
 Altitude Home Care 1023 39th Ave, Ste L, Grl 970 352-5433
 Amada Senior Care 2850 McClelland Dr, Ste 1900, Ftc 970 237-5747

Amazing Care Home Health Services, Inc. 5285 McWhinney Blvd, Ste 160, Lvd 970 286-6980
 America's Best Home Care, Inc. 3760 Vance St, Ste 200-A, Wheat Ridge 720 431-7974
 Andrea's Angels 3819 Saint Vrain St, Unit D, Evans 970 352-4124
 Angels of Care Pediatric Home Health 1515 Fortin Blvd, Ste 150 Pueblo 719 299-0244
 Argus Front Range Home Care 720 S. Colorado Blvd, Ste. 600N, Glendale 800 288-3961
 Banner Home Care 5628 West 19th St, Ste 1, Grl 970 810-6222
 Bayada Home Health Care 5285 McWhinney Blvd, Ste 140, Lvd 970 282-8500
 BrightStar Care 918 13th St, Grl 970 999-0535
 Canyon Home Care and Hospice 4850 Hahns Peak Dr, Ste 100, Lvd 970 330-5655
 Caring Hearts 6801 West 20th St, Unit 207, Grl 970 378-1409
 Charter Healthcare of No CO 3855 Precision Dr, Ste 120, Lvd 970 667-2273
 Colorado Home Care 2102 South Garfield Ave, Lvd 970 635-2970
 ComForCare Home Care 541 Garden Dr, Unit O, Ste 100, Windsor 970 460-9947
 Complete Home Health Care 2095 W. 6th Ave, Ste 209, Brm 720 652-0292
 Elevate Home Care 310 Lashley St, Ste 109, Lngt 303 357-5631
 Encompass Home Health Care 2171 Citrine Ct., Lvd 970 493-8500
 Family Home Health Services 1790 30th St, Ste 350, Bldr 720 274-5974
 Family Tree Private Care 636 Coffman St, Ste 102, Lngt 720 204-6083
 First Light Home Care 361 71st Ave, Ste 104, Grl 970 515-5025
 Home Helpers 9101 Pearl St, Thornton 720 442-8156
 Home Instead 251 Boardwalk Dr, FtC 970 494-0289
 Homewatch CareGivers 1220 West Ash St, Windsor 970 674-9723
 HomeWell Senior Care 3001 N. Taft Ave, Ste 100, Lvd 970 461-4799
 Humble Horizon Home Health LLC 242 Linden St. Ste 204, Ftc 970 305-0301
 InnovAge Colorado PACE 1303 East 11th St, Lvd 970 800-5500
 Interim Health Care 2000 Vermont Dr. Ste 100, FtC 970 472-4180
 Maxim Healthcare Services 3665 John F. Kennedy Pkwy, Bld2, Ste 330, Ftc 970 493-9300
 PASCOCO 9197 West 6th Ave, Mb 100, Lakewood 303 233-3122
 PeopleCare Health Services 200 East 7th St, Ste 416, Lvd 970 399-8714
 Preferred Home Health 2802 Madison Square Dr, Ste 100, Lvd 970 776-1970
 Right at Home 300 E. Mulberry St, Ftc 970 494-1111
 Senior Helpers 1051 South 6th St, Grl 970 658-8228
 Seniors Helping Seniors 2290 E Prospect Rd, Ste 6, Ftc 970 484-8445
 Synergy Homecare 2919 17th Ave, Ste 215, Lngt 720 204-5788
 Team Select Home Care 3855 Precision Dr, Ste 150, Lvd 970 206-8288
 TRU PACE 2593 Park Lane, Lafayette 303 665-0115
 Visiting Angels 5441 Boeing Dr, Nb 200, Lvd 970 292-5668

Home Repair/Weatherization

Habitat for Humanity 104 North 16th Ave, Grl 970 351-6766
 Home Weatherization/Energy Resource Center 3543 South Lincoln Ave, Ste 2, Lvd 970 617-2801
 Urban Renewal 1000 10th St, Grl 970 350-9380
 Weld County Housing Authority 903 6th St, Grl, 970 353-7437

Homeless Shelters and Services

Cold Weather Shelter (Nov 1-Apr 15, 7 p.m.-7 a.m.) 820 28th St., Grl 970 353-3720
 Guadalupe Community Center and Shelter 1442 North 11th Ave, Grl 970 353-3720
 Housing Navigation Center 2930 820 28th St., Grl 970 515-6281

Hospice and Palliative Services

AccentCare 1180 Main St, Ste 9, Windsor 970 346-9700
 Auburn Crest Hospice 2680 Abarr Dr, Lvd 970 775-7022
 Banner Hospice of Northern Colorado 2726 West 11th St Rd, Grl 970 352-8487
 Bristol Hospice 3770 Puritan Way, Unit E, Frederick 970 619-8378

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Ager's Resource Guide

Canyon Home Care and Hospice 350 East 7th St, Ste 2, Lvd,
 Charter Healthcare of Northern Colorado 1562 Taurus Ct, Lvd
 Colorado Visiting Nursing Association 6750 West 52nd Ave, Arvada
 Pathways 2525 West 16th St, Ste C, Grl

Hospitals and Clinics

Banner North Colorado Emergency Care 2000 70th Ave, Grl
 Greeley Emergency and Surgery Center (UCH) 6906 10th St, Grl
 North Colorado Medical Center 1801 16th St, Grl
 Salud Clinic 1860 Egbert St, Brighton
 Salud Clinic 1115 2nd St, Fort Lupton
 Salud Clinic 5995 Iris Pkwy, Frederick
 Sunrise Adelante Clinic 1010 A St, Grl
 Sunrise Health 2930 11th Ave, Evans
 UCHealth Grl Hospital 6767 West 29th St, Grl

Housing: Assisted Living State Licensed

Aladdin 15 South Ash St, Keenesburg
 Assisted Living at Greeley 218 1/2 10th St, Grl
 Birch Assisted Living 1819 Birch Ave, Grl
 Bright Assisted Living 610 Hemlock Dr, Windsor
 Brookdale Greeley 1999 West 38th Ave, Grl
 Charleston Assisted Living 2866 Ironwood Circle, Erie
 Charleston at Keenesburg 195 Gandy Ave, Keenesburg
 Columbine Commons 1475 Main St, Windsor
 Coyote Creek Memory Care 1150 4th St, Fort Lupton
 Garden Square at Westlake 3151 West 20th St, Grl
 Garden Square of Greeley 1663 29th Ave Place, Grl
 Good Samaritan Water Valley 1831 Compassion Ct, Windsor
 Grace Pointe 1919 68th Ave, Grl
 Greeley Village 1090 43rd Ave, Grl
 The Bridge 4750 25th St, Grl
 The Lodge 4430 24th St Rd, Grl
 Maxwell Center 1700 7th Ave, Grl
 MeadowView of Greeley 5300 West 29th St, Grl
 Memorial Park 1805 32nd St, Evans
 Planet View Assisted Living 3705 Carson Ave, Evans
 Stephens Farm Brain Injury Campus 2778 Reservoir Rd, Grl
 WindSong at Northridge 7010 West 8th St, Grl

Housing: Greeley/Evans Subsidized / Low Rent

Birchwood Apartments 2830 27th St Ln, Grl
 Broadview Apartments 2915 West 8th St, Grl
 Camelot Apartments 1726 8th Ave, Grl
 Centennial Village Apartments 2205 37th St, Evans
 Chinook Wind Apartments 6616 10th St, Grl
 Fox Run 1300 60th Ave, Grl
 Greeley Manor 1000 13th St, Grl
 Greeley Senior Housing 1717 30th St, Grl
 Greeley/Weld Housing Authority 903 6th St, Grl
 Hope Apartments 2730 28th Ave, Grl
 Housing Navigation Center 2930 11th Ave, Evans
 Immaculata Plaza 530 10th Ave, Grl
 Island Grove Village 119 14th Ave, Grl

970 330-5655
 970 667-2273
 970 535-0870
 970 356-4090

970 810-2636
 970 392-4320
 970 810-4121
 303 697-2583
 303 697-2583
 303 697-2583
 970 313-0400
 970 353-9403
 970 652-2000

303 732-4856
 970 515-6952
 970 346-1150
 970 674-1446
 970 330-9500
 720 645-1196
 720 645-1196
 970 449-5540
 303 857-1921
 970 346-1222
 970 336-9063
 970 674-5511
 970 304-1919
 970 646-4850
 970 339-0022
 970 939-5700
 970 353-1956
 970 353-6800
 970 351-6547
 970 330-5133
 970 506-0008
 970 449-7199

970 330-6206
 970 352-9305
 970 339-2444
 970 330-1160
 970 353-2778
 800 466-7722
 970 356-5489
 970 395-0822
 970 353-7437
 970 339-2444
 970 515-6281
 970 356-0610
 970 356-2808

Joe P. Martinez 1701 2nd St, Grl
 La Casa Rosa 1011 C St, Grl
 Meeker Commons 505 9th Ave, Grl
 Peakview Trails 1512 60th Ave, Grl
 The Pine at Southmoor 2162 30th St, Grl
 Twin Rivers Apartments 6616 10th St, Grl
 University Plaza 1534 11th Ave, Grl
 Woodside Village Apartments 144 East 24th St, Grl

970 356-2332
 970 353-7437
 970 378-9393
 970 353-7437 x1011
 970 356-4059
 970 353-1433
 970 353-9275
 970 356-5991

Housing: Seniors Only Non-Subsidized

55 Resort Apartments 500 Apex Dr, Windsor
 Good Samaritan Society Fox Run 1720 60th Ave, Grl
 Good Samaritan Society Water Valley 805 Compassion Dr, Windsor
 Greeley Place 1051 6th St, Grl

970 372-0494
 970 353-7773
 970 686-2743
 970 351-0683

Housing: Weld County (Sub/Low Rent)

Ault: Villa Fourteen 214 Birch Ave, Ault
 Dacono: Senior Apartments 412 7th St, Dacono
 Eaton: Benjamin Square 55 Juniper Ave, Eaton
 Erie: Victor F. Smith Senior Housing 800 High St, Erie
 Fort Lupton: Adams Park 451 Rollie Ave, Fort Lupton
 Fort Lupton: Columbine Court 400 2nd St, Fort Lupton
 Fort Lupton: Crane Court 240 South Denver Ave, Fort Lupton
 Hudson: Prairie View 1151 Main St, Hudson
 Johnstown: Columbine Complex 202 North Grl Ave, Johnstown
 Keenesburg: Timberwood 250 East Woodward Ave, Keenesburg
 Kersey: Latham Manor 109 1st St, Kersey
 Milliken: Dove Valley Senior Community 1101 Sandpiper Ln, Milliken
 Windsor: Century III 1027 Walnut St, Windsor
 Windsor: Governor's Farm 701 6th St, Windsor

970 834-1570
 970 353-7437
 970 454-3338
 303 832-1302
 303 857-4056
 303 857-4400
 303 857-4400
 303 536-4501
 970 587-2600
 303 732-4221
 970 351-8229
 970 667-3232
 970 686-5576
 970 686-9650

Information and Referral

ADRC 315 North 11th Ave, Bld C, Grl
 Carbon Valley Help Center 150 Buchanan Ave, Firestone
 Catholic Charities 1442 North 11th Ave, Grl
 Eldercare Locater (National)
 United Way 2-1-1

970 400-6952 / State: 844 265-2372
 303 833-6626
 970 353-6433
 800 677-1116
 2-1-1 or 970 353-8808

In-Home Services

In-Home Services Program 315 North 11th Ave, Bld C, Grl

970 400-6305

Medicaid/Medicare

Medicaid 2950 9th St, Fort Lupton
 Medicaid 315 North 11th Ave, Bld C, Grl
 Medicare - Claims
 Medicare Counseling (SHIP - Aspen Club)
 Medicare Quality Improvement Organization (KEPRO)
 State Health Insurance Assistance Program (Colorado SHIP)

303 857-4052
 970 352-1551 / Hotline 800 221-3943
 800 332-6681
 970 495-8560
 844 430-9504
 888 696-7213

Mental Health Services

Crisis Support Services 928 12th St, Grl (walk-in 2 4/7/365)

970 347-2120

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CALL TO SEE HOW WE CAN HELP TODAY!

Ager's Resource Guide

Geriatric Behavioral Health Unit 1000 Lincoln St, Fort Morgan 970 542-4357
 Johnston Heights Behavioral Health 4770 Larimer Parkway, Johnstown 970 323-7709
 National Suicide Prevention Lifeline 24/7/365 800 273-8255
 North Range Behavioral Health 970 347-2120

Nursing Homes

Broadview Health and Rehabilitation Center 850 27th Ave, Grl 970 353-1017
 Columbine Commons Health and Rehab 1475 Main St, Windsor 970 449-5540
 Fairacres Manor 1700 18th Ave, Grl 970 353-3370
 Grace Pointe 1919 68th Ave, Grl 970 304-1919
 Life Care Center of Greeley 4800 25th St, Grl 970 330-6400
 Pelican Pointe Health and Rehabilitation Center 710 3rd St, Windsor 970 686-7474
 The Center at Centerplace 4356 24th St Rd, Grl 970 702-7400
 Westlake Lodge 1637 29th Ave Place, Grl 970 356-8181

Ombudsman

Long-Term Care Ombudsman 315 North 11th Ave, Bld C, Grl 970 400-6128

Personal Alert Systems

American Medical Alert/ VRI 350 East 7th St, Ste 11, Lvd 866 686-7504
 Argus Home Health Care 720 South Colorado Blvd, Ste 600-N, Denver 303 322-4100
 Banner Lifeline 5628 West 19th St, Ste 1, Grl 970 810-6756
 Ever Present Systems PO Box 136, Longmont 303 956-7269
 Guardian Medical Monitoring 888 349-2400
 Interim Health Care 2000 Vermont Dr, Ste 11, FtC 970 472-4180
 LifeFone 800 331-9198
 PeopleCare Health Services 200 East 7th St, Ste 416, Lvd 970 480-0529
 Phillips Lifeline 855 737-3604
 Sunrise Community Clinic 2930 11th Ave, Evans 970 353-9403
 United Way 2-1-1 814 9th St, Grl 2-1-1 or 970 353-8808

Prescription Assistance

Sunrise Community Clinic 2930 11th Ave, Evans 970 353-9403
 United Way 2-1-1 814 9th St, Grl 2-1-1 or 970 353-8808
 Weld County Prescription Discount Card 1555 North 17th Ave, / 1150 O St, Grl 970 400-2380

Respite Care: Day

Elderhaus Adult Day Program 6813 South College Ave, FtC 970 221-0406
 Envision 1050 37th St, Evans 970 339-5360
 Family Caregiver Support Program 315 North 11th Ave, Bld C, Grl 970 400-6130
 Homestead Adult Day Care 1380 Tulip St, Longmont 303 772-9152

Senior Centers/Recreation

Ault: 204 1st St, Ault 970 834-1325
 Carbon Valley: 6615 Frederick Way, Frederick 303 833-2739
 Eaton: 1675 3rd St, Eaton, 970 454-1070
 Erie: 450 Powers St, Erie 303 926-2795
 Evans: 1100 37th St, Evans 970 475-1125
 Fort Lupton: 203 South Harrison Ave, Fort Lupton 303 857-4200 x6166
 Greeley: 1010 6th St, Grl 970 350-9440
 Grover: 305 Cheyenne Ave, Grover 970 895-2262
 Hill-N-Park: 4205 Yosemite Dr, Grl 970 301-5574

Johnstown: 101 West Charlotte St, Johnstown
 Kersey: 215 2nd St, Kersey
 LaSalle: 101 Todd Ave, LaSalle
 Lochbuie: 501 Willow Dr, Lochbuie
 Mead: 441 3rd St, Mead
 Milliken: 1101 Broad St, Milliken
 Nunn: 775 3rd St, Nunn
 Pierce: 221 Main Ave, Pierce
 Platteville: 508 Reynolds Ave, Platteville
 Rodarte: 920 A St, Grl
 Windsor: 250 North 11th St, Windsor

970 587-5251
 970 353-1681 X2
 970 284-0900
 303 659-8262
 970 535-4477
 970 660-5040
 970 897-2459
 970 834-2655
 720 815-8136
 970 350-9430
 970 674-3500

Tax Assistance

AARP Tax Aide 888 227-7669
 Aims Community College 970 339-6679
 Colorado Property Tax/Rent/Heat Rebate Program 303 238-7378
 Internal Revenue Service 800 829-1040
 Senior Property Tax Exemption 1400 North 17th Ave, Grl 970 400-3650

Transportation

60+ Ride 800 8th Ave, Ste. 229, Grl 970 352-9348
 Greeley-Evans Paratransit 1200 A St, Grl 970 350-9290
 Greeley-Evans Transit 1200 A St, Grl 970 350-9287
 IntelliRide 855 489-4999
 Ride NOCO www.rideno.co 970 514-3636
 Via Mobility Services 2855 N. 63rd St, Boulder 303 444-3043
 Windsor Senior Ride Program (Windsor Only) 970 388-5140
 Ztrip 1833 East Mulberry St, Unit A, FtC 970 224-2222

Veterans Services

DAV Shuttle Service to Cheyenne/Denver VAMC 1830 8th Ave, Grl 970 352-6188
 Northern Colorado VA Clinic 4575 Byrd Drive, Loveland 970 593-3300
 Qualified Listeners 720 600-0860
 The Northern Colorado Veteran Resource Center 4650 20th St, Grl 970 888-4249
 VA Medical Center 2360 East Pershing Blvd, Cheyenne, WY 888 483-9127
 VA Medical Center 1055 Clermont St, Denver 888 336-8262
 VA Outpatient Clinic 2509 Research Blvd, FtC 970 224-1550
 VA Outpatient Clinic 5200 Hahns Peak Dr, Lvd 970 313-0027
 Volunteers of America 4650 West 20th St, Ste A, Grl 970 576-6724
 Weld County Veterans Services 1008 9th St, Grl 970 400-3444

Vision Assistance

Connections for Independent Living 1331 8th Ave, Grl 970 352-8682
 Curtis Strong Center 918 13th St, Ste 4, Grl 970 353-9417
 Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl 970 400-6629
 Enight Visual Rehabilitation 1101 Oakridge Drive, Ste C, FtC 970 407-9999
 Lions Club 970 346-1661
 Low Vision Program 315 North 11th Avenue, Bld C, Greeley, CO 80631 970 400-6629

Volunteer Opportunities

60+ Ride 800 8th Ave, Ste. 229, Grl 970 573-5818
 Meals on Wheels 2131 9th St, Grl 970 353-9738
 Qualified Listeners 720 600-0860
 RSVP Volunteers in Service 970 515-5125
 United Way 2-1-1 814 9th St, Grl 2-1-1 or 970 353-8808
 Weld County Area Agency on Aging 315 North 11th Ave, Bld C, Grl 970 400-6950



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Rehabilitation



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The Worth Of Knowledge

As the end of the school year approaches, high school seniors look forward to the challenges of college life. Many of them may be concerned with the high cost of the next phase of their academic lives. But not Dennis Barnes, a senior at International High School of New Orleans with a cumulative grade point average of 4.98. He applied to 200 colleges and has been accepted by 125 of them, thus far. In addition, much to the delight of his parents, he has been offered more than \$9 million in scholarships.

2023 Starts Strong for Colorado Economy

Colorado entered 2023 with slowing but continued job growth, according to the latest Quarterly Business and Economic Indicators report released on May 4 by the University of Colorado Boulder and the Secretary of State's Office. The latest report shows that Colorado recorded 55,787 new entity filings in the first quarter, posting the largest quarter in the report's history. Filings increased year-over-year by 27.6% and 14.3% quarter-over-quarter. Additionally, existing entity renewals remained positive, increasing 1.2% in Q1 year-over-year and 13.3% quarter-over-quarter.

"Colorado's strong start to 2023 means continued growth and shows that Colorado remains a great place to be in business," says Secretary Griswold.

Additional highlights from the latest report include:

- Inflation continued to improve in the first quarter. The Consumer Price Index increased 5.7% year-over-year in the Denver-Aurora-Lakewood metropolitan area (MSA), just above the national rate of 5%.

- Colorado's March 2023 employment increased 33,400 (1.2%) year-over-year, second slowest nationally. The largest annual percent increases came from mining and logging, leisure and hospitality and professional and business services.

- The state's labor force participation rate ranked fourth highest nationally in March at 68.3%.

The labor force grew 0.7% year-over-year, and Colorado's per capita personal income ranked eighth at \$75,206.

To learn more and read the full Quarterly Business and Economic Indicators Report, please visit ColoradoSOS.gov.



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Attorney General Phil Weiser Fights to Protect Medication Abortion Access

Attorney General Phil Weiser today continued his efforts to protect the basic right of Coloradans to medication abortion access. Joining with a multistate coalition, Weiser filed an amicus brief in the U.S. Court of Appeals for the Fifth Circuit arguing the decision issued by a district court judge in the U.S. District Court for the Northern District of Texas would do serious harm to access to the drug mifepristone. This amicus brief is part of Weiser's ongoing fight to protect Coloradans' rights to privacy, health care options, and medication abortion access.



"I will always do everything in my power to protect Coloradans' rights to access reproductive health care, including through mifepristone," Weiser said. "The U.S. Court of Appeals for the Fifth Circuit needs to reverse the district court ruling and ensure that a safe and effective medication abortion option remains available to Coloradans and people across the country."

In the amicus brief filed by Attorney General James and a coalition of 24 attorneys general in *Alliance for Hippocratic Medicine v. FDA*, the coalition argues the FDA's determination that the medication abortion drug mifepristone is

safe and effective is supported by an overwhelming medical consensus developed over more than two decades of use. The coalition also argues the FDA's subsequent regulatory actions, including authorizing the generic version of mifepristone, permitting qualified clinicians other than physicians to authorize its usage, and enabling its distribution by mail, are all backed by solid evidence.

The coalition urges the U.S. Court of Appeals for the Fifth Circuit to reverse the lower court ruling and notes that if it is allowed to stand, it will harm millions of Americans, with underserved groups, including women of color, people who earn low incomes, people with disabilities, and LGBTQ individuals being hardest hit.

Windsor Summer Concert Series Kicks Off June 1

The Town of Windsor's Summer Concert Series begins June 1 and continues through August 17 on Thursdays from 6:30 p.m. to 8:30 p.m. at the bandshell in Boardwalk Park, 100 N. 5th St.

The Summer Concert Series in June includes:

- June 1: Funky Business (Funk)
- June 8: Smokin' (Classic Rock)
- June 15: The Parlor Pickers (Country)
- June 22: Dale Cisek Band (Variety)
- June 29 Michael Morrow and

the Culprits (Classic Rock)
 Each concert features food trucks. The Windsor Summer Concert Series is brought to you by: McDonald Toyota, RE/MAX Alliance, Bank of Colorado, iHeart Media, Aims Community College-Windsor Campus, Associates in Family Medicine/Village Medical, Poudre Pet & Family Feed Supply, Poudre Valley REA, All in Roofing Windsor Resource Center, UC Health Blood Donations, Generations Church, and Windsor Storage & Farms.



Weld Area Agency on Aging Older Americans Month

The Weld County Area Agency on Aging has been offering wellness classes since 2008 as guided by the Older Americans Act Disease Prevention and Health Promotion section.



Holly Darby

The Weld Aging Well program encompasses evidence-based workshops and classes to promote health and prevent disease among older adults. They are based on research and provide documented health benefits, so you can be confident they work.

The percentage of older individuals in the population has increased with each decade, and the proportion of persons 75 years and older has grown even faster. As a result, chronic diseases and falls have increased and are now the leading causes of death and disability among older Americans.

Fortunately, both chronic diseases and falls are highly preventable. The Weld Aging Well programs can help turn the tide and raise older adults' quality of life by improving health behaviors, health and functional status,

and overall well-being. Older adults that attend a full workshop are more likely to produce positive changes or outcomes. Some of the benefits of attending include:

- Improved quality of life
- Increased self-efficacy in managing one's health
- Increased or maintained independence, positive health behaviors, or mobility

• Reduced disability (fewer falls, later onset or fewer years of disability, etc.)

- Reduced pain
- Improved mental health (including delays in loss of cognitive function and positive effects on depressive symptoms)

The Weld Aging Well program relies on peer volunteers to lead the workshops and classes. For more information about the various workshops and classes or to volunteer, please visit www.weldaaa.org and click on Weld Aging Well, or contact Jake Luna at (970) 400-6117 or jluna@weld.gov.

Veterans Echoes World War II Living History



Brad Hoopes

I would like to begin this article with some sobering facts. In World War II, 16 million Americans went off to serve in the war. Today only 167,000, or 1%, of this "Greatest Generation" are still with us. 13,000 B-17 and 9,800 B-25 bombers were produced. Today, only 9 and 45 of these planes respectively remain flyable, with most of these permanently sitting in museums as static displays.

The good news is northern Colorado will have the opportunity to experience some living history when WWII era planes arrive at the Northern Colorado Regional Airport May 30th thru June 4th. The Arizona Commemorative Air Force is bringing a B-17 & B-25, and the Rocky

Mountain CAF is bringing a Beechcraft 18. The public will be allowed to climb into and tour the planes. Touring them will give you the opportunity to see just how rudimentary they were by today's standards.

In conjunction with the planes being at the airport, there will be a reunion of area WWII veterans on Thursday, June 1st starting at 930. This will give the public an incredible opportunity to come meet, talk with, thank, and honor these veterans. Some of the most amazing people you will ever meet, with the youngest being 95! There will also be displays and WWII vehicles there as well.

Hours are 9am-5pm on Tuesday thru Friday and Saturday & Sunday 2-6pm. Entry is \$15 per person or \$30 per family. NoCo Regional Airport, 4900 Earhart Rd, Loveland. Flights are also available: <https://www.azcaf.org/location/loveland-co-tour-stop/>



Technology is Hip! Is Our Military Prepared?



Bob Larson

Several weeks ago on a 60 Minutes TV show, one of their programs featured our US Navy and was it prepared for an invasion on Taiwan? Of course, the short answer was yes! It was indicated we have 12 Navy battle groups of which six are deployed every six months across our planet. The battle group consists of an aircraft carrier, several destroyers, and other classified ships. We run military drills with other ally nations every year to be prepared in case a not so friendly nation such as China, North Korea, or Russia decides to launch an invasion against us, Japan, Philippines, Taiwan, or any NATO sanctioned nation.

Interesting, China has 350 ships with only two aircraft carriers and are planning to build more to the tune of 500 total ships by 2028. It has twice the size of military personnel over the U.S. We have

sent lots of our high tech military equipment to Ukraine and other nations to defend themselves from any invasion.

Our military has never been stronger as we acquire the best weapons, ships, aircraft, personnel training, intelligence, and military drills. At last week's 60 Minute TV show, it was mentioned that our military is held hostage for paying higher prices than normal for our military equipment. Sadly, our military is turning a blind eye on the higher costs! I'm sure Congress will correct that, so we don't bankrupt our nation and hold those military defense companies responsible for their greedy profits! However, we also depend on those same companies in providing the high-tech equipment to our military.

You probably have heard about artificial intelligence (AI) and how it is changing our world. I feel AI will be a great benefit to our military in winning or deterring those rogue nations against their invasions. Bob Larson is a technologist and Marketing Director for 50 Plus!

Colorado Gerontological Society Expansion Of Dental Services For Older Adults



Eileen Doherty

Denver, CO. Medical experts, policy makers, and political leaders are all starting to not only realize the importance of dental care, but are expanding the financial support to help older adults pay for dental services.

Starting July 1, 2023 adults on Medicaid will be eligible to receive additional dental care as the annual caps have been lifted. You do need to be receiving Medicaid and see a dentist who accepts Medicaid to take advantage of this benefit.

The Colorado Gerontological Society is expanding our services to residents of the Metro Denver area, as well as Boulder and Larimer county. Additionally, if you have family or friends who live west of I-25, south of the Wyoming border and north of the New Mexico border, we are able to serve those

individuals as well.

To qualify for the program, individuals must be age 60 and over, live in Colorado, see a participating dentist who agrees to accept the state's fees, and be prior approved for care. Income must be less than \$3038 for a single person and \$4108 for couple.

The services we can provide include exams, x-rays, fillings, extractions, full and partial dentures. Other procedures such as root canals and crowns are approved on a case by case basis. We do not cover fixed bridges and implants.

Procedures that are covered by the grant and pre-approved are usually covered in full by the grant.

To apply, call our office for an application or visit our website at www.senioranswers.org/programs/dental-grants/. For more information, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

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

Windsong Memory Care Annual Spring Fling

In mid-April, Windsong Memory Care at Northridge held their annual Spring Fling event at their facility



Children enjoying the Two by Two mobile zoo

in Greeley. Besides their residents enjoying the tacos, shaved ice cones, and cotton candy, their grandkids and family and friends joined in the fun too. A Two by Two mobile zoo with various petting animals was a delight for the kids to enjoy.

Windsong offers the

popular Montessori based learning system for their residents with dementia. They are the only certified Montessori memory care facility in Northern Colorado. They also offer respite stays for family caregivers to give them some time to relax. Please see their ad on the respite care option. Please call LaKisha Williams at 970-449-7199 for more info and a tour of their facility.



Pictured are the Windsong staff, who take extra care of their residents. Stop by to meet them!

Pets Are Family Wildlife Safety



As we enjoy warmer days and get outside with our furry friends more often, it's important to keep in mind wildlife safety and how to keep both our pets and wildlife safe. We reached out to our friends at Northern Colorado Wildlife Center to glean their expertise on wildlife safety.

One of the most important public health risks that Animal Protection & Control works to prevent is the transmission of animal-borne diseases. Oftentimes, these diseases are spread from wildlife to domestic animals, so it's of utmost importance to remain vigilant.

When you and your pet spot wildlife in public spaces, ensure dogs are on leash so you can easily walk away in case the situation becomes dangerous. If you see a wild animal that you think needs help, it's always best to talk to a licensed wildlife rehabilitator before you intervene. In the spring and

summer months, in particular, good Samaritans often happen upon baby wildlife and assume they need help. Most often, these animals are not orphaned and can be reunited with their parents. As a rule of thumb, don't intervene with wildlife unless they are clearly injured or otherwise in need of help. Always call a licensed wildlife rehabilitator if you're not sure!

Here in Colorado, wildlife can also be found close to home. To avoid unnecessary encounters between your pet(s) and wildlife, there are lots of humane ways to keep wild animals at bay. Motion activated lighting, noise machines, and sprinklers are a great start. Be sure to inspect your home for holes, damage, or other entry points before wild animals use them for denning sites. Fill cracks in your foundation, cap chimneys, cover dryer vents, trim trees and shrubs, and cover window wells to avoid conflicts before they happen.

Thanks for reading! Learn more at larimerhumane.org.

Colorado State Capitol Dome

Deceptive Solicitations Act Signed into Law April 11 Secretary Griswold's legislative priority, the "Deceptive Solicitations Act," puts meaningful restrictions on deceptive solicitations sent by third parties to Colorado businesses related to documents filed with or provided by the Secretary of State's office.

"This new law adds protections from bad actors who mislead business owners into paying unnecessary and exorbitant fees," says Secretary Griswold. "Colorado business owners are the backbone of Colorado's economy. My sincere thanks to the bill's sponsors, Senator Cutter and Representatives Jodeh and Brad-

field, for joining me to make it easier to run a business in Colorado."

To learn about deceptive solicitations and the new requirements imposed on the senders of these solicitations, visit ColoradoSOS.gov.

2023 Colorado Votes Act Passes both Legislative Chambers May 2 Secretary Griswold has also focused

on defending and fortifying Colorado's democracy during the 2023 Legislative Session. The Colorado Votes Act modernizes Colorado's election laws, including by providing greater access to drop boxes and voting centers on Colorado's designated Tribal Lands.

| Friendly Fork Daily Menu | | |
|--|------|--|
| *Contains nuts or may not be suitable for individuals with a nut allergy | | |
| June 2023 | Date | Meal |
| Thursday | 1 | Beef & Pork Stew over Biscuit, Smashed Red Potatoes & Beef Gravy, Grilled Asparagus, Banana/Pear/Mandarin Orange Mix, Orange Gelatin, 1% Milk |
| Friday | 2 | Baked Chicken with Gravy, BBQ Baked Beans, Vegetable Parmesan Pasta Salad, Watermelon Slice, Orange Vanilla Chia Pudding, 1% Milk |
| Monday | 5 | Chicken Romano with Marinara over Penne Pasta, Capri Vegetables, Wheat Roll with Butter, Mandarin Oranges, 1% Milk |
| Tuesday | 6 | Beef Shepherd's Pie, Spinach/Red Pepper/Mushroom Salad, Garlic Roasted Green Beans, Mixed Fruit, Carnival Cookie, 1% Milk |
| Wednesday | 7 | French Dip Sandwich with Side of Au Jus, Broccoli/Olive/Sundried Tomato Salad, Golden Delicious Apple Slices, Chocolate Rice Krispy Treat, 1% Milk |
| Thursday | 8 | Roasted Tilapia with Lemon Butter Sauce, Baked Potato with Sour Cream & Butter, Classic Coleslaw, Apricot Halves, Banana Chia Pudding, 1% Milk |
| Friday | 9 | BBQ Pulled Pork Sandwich, Baked Beans, Roasted Vegetables, Honeydew Melon, Cherry Gelatin Fruit Cocktail, 1% Milk |
| Monday | 12 | Beef Tacos with Lettuce, Cheese & Tomatoes, Garlic Black Beans, Mixed Fresh Fruit, Side of Salsa & Sour Cream, Chocolate Chip Cookie, 1% Milk |
| Tuesday | 13 | Hamburger with Pickles, Lettuce, Tomato & Onion, Roasted Sweet Potatoes, Peas & Carrots, Fresh Fruit Mix, Side of Ketchup, Mustard, Mayo, 1% Milk |
| Wednesday | 14 | Tri-Tip Roast Beef with Gravy, Cheddar Mashed Potatoes, Steamed Peas, Wheat Roll with Butter, Fresh Fruit Variety, Bread Pudding, 1% Milk |
| Thursday | 15 | Chicken Salad Sandwich, Mediterranean Lentil Soup with Crackers, Mixed Fresh Fruit, Oatmeal Raisin Cookie*, 1% Milk |
| Friday | 16 | Fried Chicken, Carrot Salad, Wheat Roll with Butter, Apricots, Peach Crisp, 1% Milk |
| Monday | 19 | Italian Wedding Soup with Crackers, Broccoli & Cheese Stuffed Baked Potato, Mixed Nuts*, Melon/Strawberry/Grape Mix, 1% Milk |
| Tuesday | 20 | Spaghetti & Beef Meatballs, Cucumber & Beet Salad, Tropical Fruit Mix, Sugar Cookie, 1% Milk |
| Wednesday | 21 | Pork Tenderloin with Mushroom Gravy, Scalloped Potatoes, Green Salad with Side of Creamy Italian Dressing, Fresh Blueberries, Cranberry Chocolate Oat Bar, 1% Milk |
| Thursday | 22 | Roasted Turkey Breast with Gravy, Mashed Sweet Potatoes, Balsamic Roasted Vegetables, Cinnamon Applesauce, Chocolate Peanut Butter Brownie*, 1% Milk |
| Friday | 23 | Beef Lasagna, Garden Vegetable Soup with Crackers, Garlic Bread, Sliced Pears, Apple Cranberry Crisp, 1% Milk |
| Monday | 26 | Honey Ginger Chicken & Jasmine Rice, Zucchini/Mushroom/Pepper Blend, Mixed Fruit, Almond Cookie, Side of Soy Sauce, 1% Milk |
| Tuesday | 27 | Chicken Fried Steak with Gravy, Garlic Mashed Potatoes & Country Gravy, Wheat Roll with Butter, Orange Slices, Tapioca Pudding, 1% Milk |
| Wednesday | 28 | Seafood Salad Pita Wrap with Shrimp & Cod, Broccoli Pasta Salad, Apple Cider Coleslaw, Fresh Strawberries, Cornbread with Side of Honey & Butter, 1% Milk |
| Thursday | 29 | Beef Stroganoff with Egg Noodles, Lemon Garlic Broccoli, Apple Slices, Banana Bread, 1% Milk |
| Friday | 30 | Roast Beef with Gravy, Mashed Potatoes & Gravy, Green Salad with Side of Blue Cheese Dressing, Orange Slices, Chocolate Brownie, 1% Milk |

Nutrition content of meals is reviewed by Friendly Fork Dietitian, Jessi Like at 970-400-6118 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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Rocky Mountain National Park Moves to Cashless Fee Collection

Beginning on June 1, Rocky Mountain National Park will transition to a fully cashless fee system and only accept mobile or electronic payments for entrance and permit fees. Visitors who are only able to pay with cash may purchase a pre-paid pass from the Rocky Mountain Conservancy Nature Store at Beaver Meadows, Fall River, or Kawuneechee Visitor Centers.

Entrance fees are an important source of revenue used to improve the visitor experience in national parks, including road and facility repairs and maintenance, trail im-

provements, installation of accessible exhibits, visitor, and resource protection services, and more. Move to a cashless system allows parks to be better stewards of visitor dollars by reducing the amount of time park staff spend managing cash, increasing the amount of fee revenue available to support critical projects and visitor services, and improving accountability and reducing risk.

For more information on please call the park's Information Office at (970) 586-1206 or visit their website at www.nps.gov/romo.

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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

Niagara Falls/ Toronto

September 8 – 18th,

Travel

2023
\$1359

Branson Holiday Shows

November 12- 18th , 2023
7 days/ 6 nights
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All trips include Motorcoach, Hotels, admissions, guided tours
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- June 7/10/2023
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- June 9/10/2023
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City of Greeley Active Adult Center Calendar

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

Upcoming Events and Classes

Chess

Tuesdays, June 6-27 | 10 a.m.
U.S. Candidate Master, Brad Lundstrom, provides chess lessons for all levels. Beginner players are encouraged to join; the class will be divided into two groups for lessons. Play for fun or join our tournaments.
Fee: \$20 member, \$25 non-member

Computer Users Group

Saturday, June 10 | 1 p.m.
Computer User Group of Greeley, Colorado (CUGG) is a non-profit organization that holds monthly meetings on the 2nd Sat of each month and other community activities that are free and open to the public for education about new and better ways to use and maintain PCs and other digital devices. The format consists of two 40-minute presentations, announcements, and a Q&A period. More information at <https://cugg.org>
Fee: Free member, \$4 non-member

Cinema Tuesday

Tuesday, June 27 | 1 p.m.
Roll out the red carpet and join us for a movie. No registration is necessary. Drop on in. Concessions will be available for purchase!
Fee: Free

Summer Solstice

Thursday, June 22 | 11:30 a.m.
It's the longest day of the year. Join us in a celebration of summer! Enjoy a delicious meal with pasta and all the trimmings. Entertainment by pianist and vocalist Bob Harris from Denver. He has deep roots in the industry with the Los Angeles Rock and Roll scene!
Fee: \$10 member, \$15 non-member

Nutrition Trends

Monday, June 12 | 11 a.m.
Gain a scientific understanding of current nutrition trends and learn how to be a savvy consumer on a range of topics including the benefits of coconut oil, gluten-free diets, organic food, GMOs, fermented food/probiotics, paleo diet, and protein in weight management. Additionally, there will be an interactive activity to help you to evaluate nutrition trends in the news.
Registration: call the Aspen Club at 970-495-8564 to register.
Fee: Free

Travel Programs

Rockies Game

Thursday, June 8
Take me out to the ballgame, take me out to the crowd! Come join us as you Colorado Rockies take on the San Francisco Giants in this mid-week matchup. Food will be at each participant's own expense; we will be eating at the game.
Fee: \$35 member, \$40 non-member

Denver Firefighters Museum

Wednesday, June 14
Visit the hottest place in town! Explore the history of the Denver Fire Department and learn about fire safety and prevention through a dynamic mix of exhibits, hands-on activity stations, and educational programs.
Fee: \$35 member, \$40 non-member

Gabbie Gourmet: Beau Jo's Pizza

Wednesday, June 21
Founded in Idaho Springs, Colorado, in 1973, Beau Jo's pioneered what's today known as Colorado-Style "Mountain Pizza." So, what is Colorado-style pizza, exactly? One look and you'll know! These pizzas are big, doughy, and cheesy, with a braided crust that wraps around and encloses the ample toppings. This Colorado staple will leave you full

and coming back for seconds in no time!

Fee: \$20 member, \$25 non-member
Registration deadline: June 7

American Mountaineering Museum

Tuesday, June 27
PRESERVE. EDUCATE. INSPIRE. The Bradford Washburn American Mountaineering Museum seeks to preserve the history and spirit of mountaineering and to educate visitors on mountain culture and the sport of mountaineering. Not sure what mountaineering is? Join us as we explore the popular sport and how it became an exciting activity for thrill seekers everywhere! Lunch will be at each participant's own expense.
Fee: \$30 member, \$35 non-member
Registration deadline: June 16

Strike It Rich! Bally's Casino

Thursday, June 30
Kick back and relax on this charter bus trip to the Bally's Casino in Blackhawk. Registration includes \$10 in free slot play, and an opportunity to earn \$15 in food credits if you rack up 50 points in casino play. Fee: \$20 member, \$25 non-member
Registration deadline: June 7

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

50 Plus Marketplace News Crossword Puzzle

June 2023
Answers page 6

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ACROSS

- 1 Exclamation to express sorrow
- 5 Skin of the upper part of the head
- 10 Piece of work
- 14 Central part
- 15 Humped ruminant
- 16 Against
- 17 Steals from
- 18 Toward the top
- 19 Cheer
- 21 Embodiment
- 23 Annulling
- 24 Light meal
- 25 Showy trinket
- 26 Salt of tartaric acid
- 30 Scanty
- 35 North American nation
- 36 Alley
- 38 Rustic

DOWN

- 1 Land measure
- 2 Coil
- 3 Person empowered to decide
- 4 Stanza of six lines
- 5 Worthless person
- 6 Headland
- 7 Part of the verb "to be"
- 8 Hawaiian tree
- 9 Full assembly
- 10 Edible tuber
- 11 Against
- 12 Type of gun
- 13 Monarch
- 20 Snake
- 22 Lever for rowing
- 25 Pertaining to genetics
- 26 Bombastic
- 27 To one side
- 28 Long-sleeved linen vestment
- 29 Sailors
- 31 Diving bird
- 32 Grasslike
- 33 Pertaining to a ramus
- 34 Ignore
- 37 Yellow cheese coated with red wax
- 40 Tree
- 42 Flow back
- 45 Glossy
- 49 Obtained from milk
- 51 Evening
- 52 Pastille to sweeten the breath
- 54 Depart
- 56 Egg-shaped
- 57 Advise
- 58 Ancient Roman days
- 59 Ventilates
- 60 Saucy person
- 61 Staffs
- 62 Stupefy
- 63 Greek god of love
- 69 Prefix meaning not

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Ageism Matters

Ageism adds to the epidemic of loneliness



Kris & Sara

The recent U.S. Surgeon General's report, "Our Epidemic of Loneliness and Isolation," highlights the detrimental effects of loneliness and social isolation on physical and mental health. While this epidemic affects people of all ages, older adults are particularly at risk. Ageism, discrimination directed toward people based upon age, can exacerbate loneliness and isolation.

Ageism shortens lifespan, worsens physical and mental health, hinders recovery from disability, and accelerates cognitive decline. Ageism also reduces access to employment, education, and health care, all of which impact health and can increase social isolation.

According to the report, social isolation and loneliness can increase the risk of early death in older adults by up to 50%. A lack of social connections can make it difficult for older adults to access healthcare services and support.

This isn't just an issue for older adults. A survey by Cigna found that nearly half of Americans reported feeling lonely and discon-

nected from others. The pandemic only intensified this through quarantine and social distancing measures.

As the U.S. Surgeon General, Dr. Vivek Murthy, stated, "We cannot afford to ignore loneliness and social isolation – especially now. Addressing this epidemic requires an all-hands-on-deck approach."

This is a public health issue and we need to address it. Solutions include programs to combat ageism and promote intergenerational connections, and initiatives to increase social support and connectedness for people of all ages. To start, check out Changing the Narrative's free intergenerational conversation toolkit that helps people of all ages engage in meaningful conversations. By recognizing the impact of loneliness on everyone and taking action, we can work together towards a healthier, more connected society.

Sara Breindel & Kris Geerken, Co-Directors of Changing the Narrative, www.ChangingtheNarrativeCO.org, the nation's leading effort to change the way we think, talk and act about aging and ageism.



Secretary of State Office's Electronic Recording Technology Board Awards More Than \$155,000 in Grants to Help Colorado Counties Digitize Records

The Department of State's Electronic Recording Technology Board (ERTB) has awarded \$155,282.75 in grants to five Colorado Counties.

- Bent County was awarded \$53,408 to maintain real estate recording software allowing the county to make its land transaction records accessible to the public via the County's website.

- Montrose County was awarded \$6,105 for the purchase of a scanner that will allow the County to complete the digitization of county land records.

- Logan County was awarded \$12,293.75 to add fraud notification services to the County's online recording systems and increase security to systems that house personal information of filers.

- Phillips County was awarded \$31,250 to complete the digitization

and indexing of land use records and make them searchable online.

- Jackson County was \$52,126 over two grants. A \$20,876 grant will allow the County to complete the digitization of county land records and license real estate recording software, and a \$31,350 grant will be used to perform online recording services and secure online record searching.

"It's important that county clerk and recorders offices have the resources they need to modernize their recording practices, protect their data, and make it more accessible to the public," says Secretary Griswold. "These ERTB grants will ensure Bent, Montrose, Logan, Phillips, and Jackson Counties can continue their important work, and so that Coloradans can more easily access land records."

Sleep Hygiene and Better Health



The Weld County Department of Public Health and Environment recognized May as Better Sleep Month, an important designation to help people focus on improving their sleeping habits.

Sleeping well at night is integral to optimal functioning during the day. The US Centers for Disease Control and Prevention (CDC) reports that one in three adults gets less than the recommended 7 to 9 hours amount of sleep each night.

Sleep is a pillar of health. During sleep, the brain and body reset and initiate recovery cascades that do not occur while awake. Sleep deprivation can produce feelings of grogginess in the short term and long-term effects may negatively affect cognitive function, memory, and mood. Chronic sleep deprivation may also cause a host of common chronic health conditions, such as high blood pressure, cardiovascular disease (including heart attack and

stroke), and diabetes. Chronic sleep deprivation may also negatively impact the immune system, making it easier to get sick and harder to fight off viruses.

Tips on how to improve sleep hygiene: 1) Follow a sleep schedule. Go to bed at the same time each night and wake up at the same time each morning. Having a regular bedtime can help the body relax and fall asleep predictably. 2) Avoid enemies to a restful night's sleep, including caffeine late in the day, exercising too close to bedtime, and drinking alcohol and eating a big meal before bedtime. Also, avoid using any electronic devices such as computer screens, TVs, and mobile phones at least one hour before bedtime. These devices emit "blue light" that stimulates your brain into thinking it is morning. 3) Sleep in a room that is cool and dark. Use a sleep mask and ear plugs to reduce light and noise.

Social Security Today Eligibility For Spouse's Benefits

Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you throughout life's journey. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record.

To qualify for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age and have in your care a child who is younger than age 16 or who has a disability and is entitled to receive benefits on your spouse's record.

If you wait until you reach full retirement age, your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit. You'll also get a full spouse's benefit before full retirement age if you care for a child who is entitled to receive benefits on

your spouse's record.

If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit. For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit www.ssa.gov/benefits/retirement to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. For more information, please visit our website at www.ssa.gov/planners/retire/divspouse.html.