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May 2023 • Volume 29 • Issue 5

Happy Mother's Day

Celebrated in over 40 countries, Mother's Day is the day we celebrate mothers and their influence in our lives. The American version of the holiday began in the United States in 1907 when Anna Jarvis organized the first Mother's Day service of worship and celebration at Andrews Church in Grafton, West Virginia. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children.

West Virginia was the first state to officially adopt the holiday. By 1912, many states and churches had incorporated Mother's Day as an annual holiday. In 1914, Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday to honor mothers. By the early 1920s, Hallmark Cards and other companies had started selling Mother's Day cards.

While many flowers are sent on Mother's Day, carnations are the traditional Mother's Day flowers. Pink or red for living mothers and white for mothers who are deceased. Americans spend an estimated \$2.6 billion on flowers and \$68 million on cards. According to the National Restaurant Association Mother's Day is the most popular day of the year to eat out!

Mother's Day Traditions Around The World

United Kingdom - The United Kingdom took Mothering Sunday, the old tradition celebrated in the fourth week of Lent, and rebranded it to reflect the American holiday **Thailand** - Thailand holds their motherhood celebration on August 12, which is their queen's birthday.

Mexico - Their celebration shuts down the entire country, as everyone works to honor their mothers. Mother's Day lunches in Mexico can last for five hours!

Spain - In Spain, children take a week to prepare for Mother's Day. School children will spend a few hours every day preparing gifts for their mothers, often with the help of their teachers.

Nepal - Nepal has a festival equivalent to Mother's Day called Mata Tirtha Aunsi, which translates to "Mother Pilgrimage New Moon." The Nepalis take the time to honor

their mothers, as well as remembering mothers who have died. The tradition was originally to make a pilgrimage to the Mata Tirtha ponds, located near Kathmandu.

Ethiopia - Ethiopia holds a three-day festival, Antrosht, for their mothers, occurring sometime between October and November. Everyone, even the children, works together to create a massive feast.



Memorial Day Origins

Memorial Day (originally known as Decoration Day) is a federal holiday in the United States for honoring and mourning the U.S. military personnel who have died while serving in the United States armed forces. It is observed on the last Monday of May. From 1868 to 1970, it was observed on May 30.

Many people visit cemeteries and memorials on Memorial Day to honor and mourn those who died while serving in the U.S. military. Many volunteers place American flags on the graves of military

personnel in national cemeteries. Memorial Day is also considered the unofficial beginning of summer in the United States.

The first national observance of Memorial Day occurred on May 30, 1868. Then known as Decoration Day, the holiday was proclaimed by Commander in Chief John A. Logan of the Grand Army of the Republic to honor the Union soldiers who had died in the Civil War. This national observance was preceded by many local ones between the end of the Civil War and Logan's declaration.

However, in 2022, the National Cemetery Administration, a division of the Department of Veterans Affairs, credited Mary Ann Williams with originating the "idea of strewing the graves of Civil War soldiers - Union and Confederate" with flowers.

Official recognition as a holiday spread among the states, beginning with New York in 1873. By 1890, every Union state had adopted it. The World Wars turned it into a day of remembrance for all members of the U.S. military who fought and died in service. In 1971, Congress standardized the holiday as "Memorial Day" and changed its observance to the last Monday in May.

Two other days celebrate those who have served or are serving in the U.S. military: Armed Forces Day (which is earlier in May), an unofficial U.S. holiday for honoring those currently serving in the armed forces, and Veterans Day on November 11, which honors all those who have served in the United States Armed Forces. Courtesy of Wikipedia!



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MAY Calendar

Thursday/4

Weld County Area Agency on Aging presents the Carbon Valley Senior Resource Fair at the Rec Center Gym, 701 5th St. in Frederick from 9:30 am to 1:30 pm. See many exhibitors with lots of senior info. Lots of free parking!

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.

Thursday/11

AARP presents a free program on "The Joys of Downsizing and Decluttering" on Zoom at 5 pm MT. This fun, interactive presentation explores why holding on to stuff is so important to some people and shares practical, easy-to-follow tips on downsizing and decluttering. Please note that you must be signed in to your AARP.org account or create an account to register for events. AARP membership is not required. Please do not opt out of event-related email, as you will be emailed a link to join the class via Zoom prior to the event. Email aarpva@aarp.org to register!

Saturday/20

Colorado Gerontological Society presents their annual free virtual Salute to Seniors show on Zoom from 9:30 am to 3 pm. this year's theme features "Baby Boomers Combine High Touch with Low Touch" by Eileen Doherty, includes online trivia with prizes, and After Midnight music.

Alzheimers Assn. presents a free video class on "10 Warning Signs of Alzheimers" on your computer at your leisure. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more. Please register at <https://training.alz.org/>.

Check individual venues for current information

Calendar sponsored by:

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Hall of Fame Class of 2023

The Greeley/Weld Senior Foundation (GWSF) has their 31st Annual Hall of Fame Reception on May 17th from 1-3pm at the AIMS Community College Welcome Center. You can enjoy a light lunch, dancing, and a photo booth. The Foundation awards approximately \$12,000 in grants annually to senior centers throughout Weld County. Most importantly, three outstanding volunteers 60+ were inducted into the 2023 Hall of Fame for their dedication to serving Weld County.

The first inductee Olive Stephens is from Erie. She helps volunteer at the Erie Community Center, logging over 100 hours each year. She helps with the Friendly Fork lunches every week, helps with set up of special events, and participates in

many other programs offered with the Active Adults.

The second inductee Lucy Montoya is from Platteville. She helps volunteer with the Platteville Senior Center, Museum, and Food Bank. She is always willing to jump in wherever she can and has been a great addition to many programs in Platteville.

The third inductee Barbara Bouse is from Ault. She helps volunteer at the Greeley Active Adult Center, UCCC, and the Greeley Stampede every year. She is great at taking charge and stepping in to help others in their role as a volunteer.

The Greeley/Weld Senior Foundation also gives out a Winchester Award, a Weld County Humanitarian. This year, the award is being awarded to Norine Shoneman from

Platteville. She helped start the Platteville Senior Center and helped raise funds for a bus for the group, as well as being the Treasurer for the organization. She has brought people together at the Center and is very influential in the space.

The GWSF appreciates the commitment and hard work from the volunteers serving Weld County. They enjoy showing their gratitude by having the annual Hall of Fame event every May with the support of the community. The GWSF is thrilled to be able to continue to support local senior centers by providing additional funding to enhance their centers. If you would like to attend the Hall of Fame event, please contact Meredith Skoglund at 970-400-6132 or mskoglund@weld.gov by May 5th, 2023.

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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.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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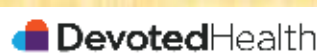
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Celebrating 50 Years

RSVP Volunteers in Service were recently recognized and honored at a Volunteer Appreciation Breakfast held at Island Grove in Greeley.

Various volunteers were spotlighted for 28 years, 25 years, 20 years and other milestone years of service.



A special Presidential Award was presented to Jerry Joyce for over 4000 hours of volunteer service.

RSVP extended its heartfelt appreciation to the sponsors:

Event Sponsor: The Weld Trust
 Silver Sponsor: Weld County Area Agency on Aging

Bronze Sponsors: Good Day Pharmacy, Luis F. Raldiris, Aetna Medicare Solutions, Mark Hout/U-N-I



Design Table Sponsors: Grace Pointe Senior Care Community, United Way of Weld County, Fairway Independent Mortgage Company, Peace of Mind Services, Fort Collins Veterans Services Families.

Friends and associates were on-hand to join in the festivities and congratulate award recipients. Mama Yolie's Kitchen LLC served as the Breakfast Caterer. Guests were invited to visit and chat with the sponsors. Door prizes were donated by various businesses. Winners were delighted their ticket number was drawn.

Michael Buckley, 50 Plus Marketplace News Associate Publisher served as the MC for the event. Members of the RSVP Executive Council were in attendance and taking the time to say thank you for coming to the RSVP Volunteer Appreciation Breakfast Celebrating 50 Years.

Elder Law Q & A

Spousal Impoverishment Standards for 2023



Bill Beyers

The spousal impoverishment thresholds will increase 8.2 percent over 2022's figures. The official spousal impoverishment allowances for

spouse's income is below the minimum amount, a portion of the institutionalized spouse's income can be shifted to the community spouse to bring that person's income up to the minimum amount.

Spousal impoverishment is a concern for older couples when one spouse needs long-term care and applies for Medicaid. If one spouse requires care in a skilled nursing facility and the other remains at home, the spouse at home might face significant financial hardships.

The high costs of nursing homes combined with Medicaid's strict income and asset requirements risk leaving the community spouse with little income and assets. The spousal impoverishment rules are designed to insure that the community spouse has at least a minimal level of income and assets with which to live.

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.

2023 are as follows:

- Minimum Community Spouse Resource Allowance: \$29,724
- Maximum Community Spouse Resource Allowance: \$148,620
- Maximum Monthly Maintenance Needs Allowance: \$3,715.50

In Colorado, the community spouse (the spouse not in the nursing home) is entitled to keep the maximum resource allowance. The minimum monthly maintenance needs allowance increases to \$2,288.75. The monthly maintenance needs allowance is the amount of income the community spouse is allowed to keep each month. If the community



Will and Bill Beyers

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Greeley Housing Authority

Reflections

Thank you Ms Dinsmore



Martha Coffin Evans

A pink slip arrived in my high school classroom summoning me to the Dean of Girl's office. "Oh dear," I thought, believing I was a good kid and not accustomed to being called to a front office, especially one involving discipline.

Dean Ruth Dinsmore proceeded to introduce me to Donna, a student new to our school. She asked me to show Donna around our large high school, introduce her to my friends and make her feel welcome. I didn't know the teary impact of this introduction for Donna's mother or her. Two new schools in two years was a lot.

Who knew those years ago where our journey would take us let alone our matronly dean thinking to connect two shy, relatively quiet, young girls. Maybe it was Donna's interest and artistic ability or my musical one with choirs.

Donna and I still laugh at all the crazy, off the wall bad jokes I told. In retrospect, although she laughed, and probably wondered about them, I worried I'd offended her and caused the potential loss of

a new friend. I needn't have worried given a decades-long friendship which evolved. We've traveled the highs and lows of life through marriages, loss of parents and special friends, along with new relationships.

We're told friendships keep us mentally healthy and help us live longer, richer lives. Caring and sharing come along with friendships while helping us navigate life's challenges.

Recently at our two-plus-hour lunch, I gave Donna a wooden plaque – "Girlfriends are the sisters we choose for ourselves." We both agree, this inscription well describes our relationship, even though she has a sister and I, no siblings.

That day, Donna commented, "I love how we just pick right up where we left off." Previously, we might have touched briefly on friends and family. This lunch became different as we talked about collaborating to create a workshop. She would bring her artist skills; I, my writing, all the while laughing at ourselves.

We may never know how or where friendships emerge. May you too be blessed with the gift of friendships.

VANYA and SONIA and MASHA and SPIKE



Seated (l-r) Jacque Beckman (Cassandra); Melissa Ochs (Nina); Standing (l-r) Scott T. Finn (Vanya/Director); Sherri Smith (Sonia); Heather Bechard (Masha); Dallan Wilson (Spike)

This comedy just finished a run at Windsor Community Playhouse in Windsor, Colorado. The storyline was interesting, intriguing and entertaining. There was a serious theme to the play intermingled with funny innuendoes, character antics, facial expressions and noticeable interaction with the performers as they superbly portrayed their parts. The audiences found the show to their liking. Their applause supported their feelings about what they were watching. The laughter added extra appreciation of the performers and the parts they played.

The play was directed by Scott T. Finn who is quite talented. He also appeared in the show playing Vanya. Phillip Muniz took on the role of Assistant Director.

Others who made major contributions to the show were Stage Manager Marianne Krumdick; Set Design & Construction..Don Reidy; Costumes & Props – Nicole Turner/Tori Schoenherr; Aiden Bicknell handled the Light and Sound Board; Izzy Freytag served as a Backstage Crew Member.

The Windsor Community Playhouse is enjoying a very successful year and offers a sincere WCP Thank You to sponsors, season ticket holders, volunteers, performers, supporters, families and friends.

The next show at WCP is PLAY ON. It's a hilarious story directed by Scott

T. Finn. Learn more by calling 970-674-1790 or visiting: www.windsorplayhouse.org




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Ageism Matters

Joining Forces Against Ageism



Kris & Sara

It's Older Americans Month, a perfect time to announce a new partnership to fight ageism. As of April 1, Colorado-based NextFifty Initiative joined forces with Changing the Narrative to strengthen both organizations' efforts to end ageism.

Also based in Colorado, Changing the Narrative is a leading U.S. initiative to increase understanding of ageism and change how people think, talk, and act about aging. Our work involves evidence-based strategies, strategic communications and innovative public campaigns that challenge assumptions and stereotypes about older adults. Last year, our programs and activities reached people in all 50 US states and 43 countries around the world.

At Changing the Narrative, we are thrilled to be working more closely with NextFifty, an organization renowned for improving the lives of older adults and care-

givers. This is a natural evolution of the work both organizations do. Together, we can collaborate seamlessly and increase our reach.

This year's Older Americans Month theme is "Aging Unbound," challenging us to recognize the diversity of our experiences and the stereotypes we have about aging. Ageism is at the root of many issues we face as we age, with detrimental impacts on our quality of life and financial security, our health and longevity, and the economy. And it happens at every level, from internalized ageism in individuals to ageism embedded in our systems and policies.

Our population is getting older and we have the opportunity to create a society where we can all age with dignity and equitable opportunity. The time is ripe for strengthening and growing the effort to end ageism.

Sara Breindel & Kris Geerken are 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.

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Colorado Gerontological Society

Salute To Seniors Is Back In Person May 20



Eileen Doherty

Denver, CO. Welcome Back! After performing for the past several years at the virtual Salute to Seniors, After Midnight, led by award winning clarinetist Roger Campbell will play charts from Benny Goodman, Artie Shaw, Lionel Hampton, Nat King Cole and Frank Sinatra. This infectious music is guaranteed to get you dancing, swinging, and smiling!

Themed this year, “Baby Boomers: When We Were Young”, the in-person Salute to Seniors is happening on Saturday, May 20, 2023 from 9:30 am to 3:00 pm at the Denver Marriott Tech Center, 4900 S Syracuse, Denver. The virtual Salute to Seniors is on Sunday, May 21, 2023 from 11:30 am to 1:00 pm.

Forney Museum of Transportation is bringing back their sought after auto show with cars from the 60s and 70s. Devoted Healthcare is sponsoring bingo with great prizes and a good time.

A Photo Essay featuring Baby Boomers and the impact on women’s

movement, civil rights, technology, dress, dance and culture will set the tone for memories and discussions. The photo essays will explore how Baby Boomers found the world to be big, open and the opportunity to do great things.

The Society is partnering with Channel2 News. Cigna Healthcare is the title sponsor. There will be a health fair, assistance to sign up for the Senior Income Tax Credit, screening for free telephone services, and experts sharing resources for older adults.

The Virtual Salute features Aging in Place: Baby Boomers Combine High Touch with Low Touch by Eileen Doherty, Online Trivia with prizes and After Midnight.

Admission is free with free parking for in-person. Reservations suggested but not required for in-person and required for online. You can register online at www.senioranswers.org or you can 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.

Ron Stern’s Travel Series

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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

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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.



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**Grand Opening
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Valeria Ortiz, Medicare Health Plan Broker, has opened a Medicare Health Plan Store. The store is unique.



Valeria's primary aim is to have a place where seniors can come in person to get their Medicare Questions answered in a comfortable and relaxing setting. Valeria represents most every plan and company in Colorado. There is even transportation to her office for clients in need. Valeria offers free education opportunities and evaluation services without any cost or obligation. She possesses a wealth of product and service knowledge, expertise in her field and is ready to share that with Seniors.

Just recently, the Ev-

ans Chamber of Commerce honored Valeria Ortiz and her new store with a ribbon cutting ceremony. Family, friends, Chamber members, busi-

ness associates and others were in attendance to take part in the festivities. Refreshments were served and special gifts were

presented to those who joined in the festivities to wish Valeria success.

The new Medicare Health Plan Store is located at 918 13th Street, Suite 2, Greeley. The store's phone number: 970-347-0394. Please call!

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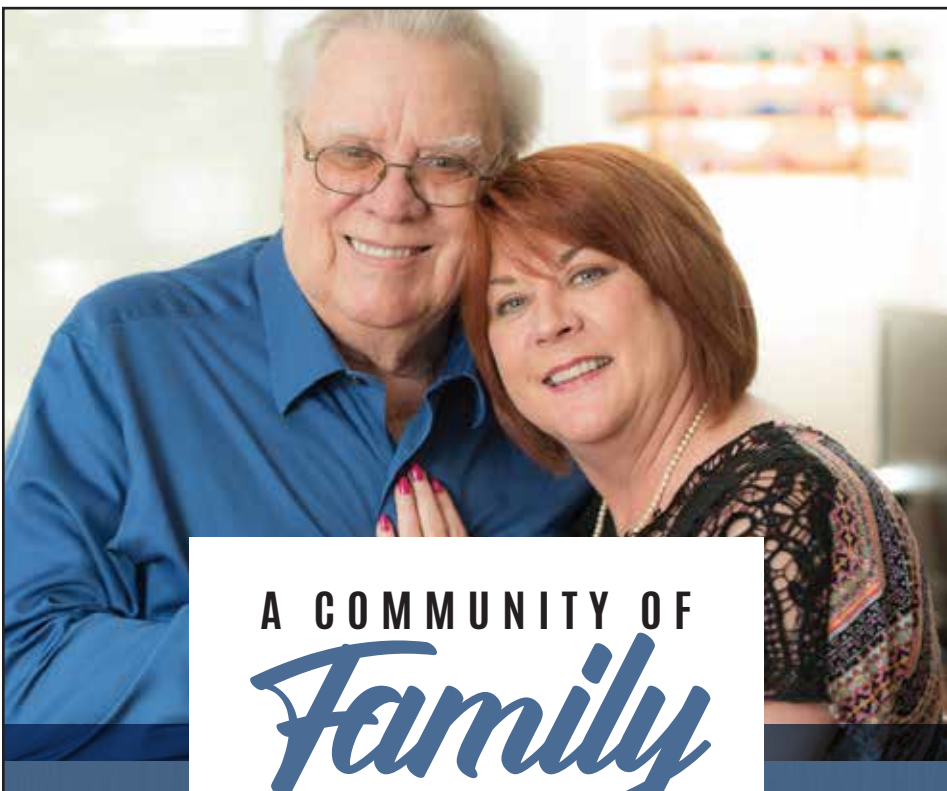
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Joy on the Journey

The dementia journey can be overwhelming, but no one has to walk it alone...

while dining. Guests were invited to visit and chat with the sponsors at their exhibit tables.



The Dementia Together folks cultivate joy while building stronger connections – for those living with dementia, their care partners, and the community. Family/care partner education and life enrichment programs are offered at no charge to those who participate.

To fund such worthwhile and wonderful work done by Dementia Together, a very impressive and successful fund raising event was recently held under the title Joy on the Journey: “A ticket to Connection.”

The event was held at the Power 2 Play Event Center in Windsor, CO and featured delicious food, a silent auction, A MountainCity Concert. Friends, families, event sponsors, Dementia Together staff and board members had the opportunity to carry on conversations

There were video showings of dementia care givers sharing their stories. Cyndy Hunt Luzinski, Executive Director, gave an overview of Dementia Together activities and achievements. All the sponsors, strategic partners and volunteers were thanked sincerely for helping to make the fundraiser happen. Board Member Ben Aaker gave a heartfelt story about his mother and experiences with Dementia.

The entire evening was quite meaningful, insightful and enjoyable. For more information about Dementia Together, please call 970-305-5271/970-510-6991.

The entire evening was quite meaningful, insightful and enjoyable. For more information about Dementia Together, please call 970-305-5271/970-510-6991.



On-hand to meet and greet guests and assist the even flow of the event Dementia Together Staff (l-r) Robin Westcott, Business Manager; Claire Richardson, Outreach Coordinator; Meghan Wall, Program Coordinator; Andrea Scandrett, Program Manager.

Veterans Echoes He Heard A Child Crying



Brad Hoopes

Earle Ridgway served on the medical team with the 52nd Transportation Truck Battalion during the Korean War. After involvement in numerous battles in the south, they moved up to a battle in North Korea. It was here that Earle heard a child crying outside his tent one night.

The crying prompted Earle to investigate. Stepping out into the cold rain, he found a little boy standing there. Figuring the boy would never survive the night outside, Earle brought him inside. He dried him off and found a candy bar to give him as the boy looked hungry. The only thing Earle could make out from the boy was that his mother had been killed by an airplane.

The other men of Headquarters Company quickly rallied around the boy. Earle secured him a mess kit and everyone wrote home asking for clothes. The 52nd soon returned back to the south and concerned about leaving the boy behind, they simply loaded him on the ship with them.

Back at their base, their little buddy settled in. Earle had his seamstress make him a uniform. He picked up English quickly and wondered around the camp with ease. A number of men looked into adoption, but without papers it was impossible.

The boy was still with the company when Earle’s tour ended. Hopefully Earle plucking him out of the rain that night was the beginning of a good life for him. It sure would be fun to try and track him down! Any thoughts on how?

Brad Hoopes has a passionate project preserving the stories of veterans. You can watch these interviews at: www.bit.ly/rememberandhonorstories



Pets Are Family Growing Your Flock

Spring has arrived, which means it may be time to add baby chicks to grow your flock. This seems like a simple task, but there are some factors to consider to ensure you are buying chicks responsibly. It is important to understand what kind of chicks fit your farming needs and local ordinances surrounding ownership.

Rules and regulations about pet ownership – and poultry in particular – vary by municipality, so it’s important to understand your local ordinances. Also, be sure to check any neighborhood or HOA regulations before you create or add to your flock.

When buying baby chicks, you will have the option of buying “straight-run” or “sexed” chicks. Straight-run chickens come from a hatch that has not been sexed, meaning they may be male or female. Straight-run chicks are usually less expensive since the

practice of sexing chickens is time-consuming and costly for chicken hatcheries. Buying straight-run chicks is a cost-effective option for those who do not need to know the sex of their chicken.

If you know that you can’t accommodate a rooster or don’t want a certain sexed chicken, then buying a sexed chick is your best option, and you will know if you’re buying a pullet or a cockerel. This ensures you are growing a flock that directly meets your farming needs. Rehoming chicks and chickens can add stress to their daily routine, and this can be avoided by knowing WHO you are adding to your flock.

Adoptable chickens at Larimer Humane Society are already sexed, helping you make the best decision possible for your flock/farm. If you are in the market for some chicks but not sure where to start, we can help! Call 970.226.3647 ext. 0 and a team member will be available to assist you. Learn more at larimerhumane.org.





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9:30 AM - 1:30 PM
RECREATION CENTER GYMNASIUM
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FOR MORE INFORMATION CALL 303-833-2739
BROUGHT TO YOU BY





Weld Area Agency on Aging Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.



Holly Darby

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join the Weld County Area Agency on Aging as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your

community to bring in more growth, joy, and energy.

- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information on the Weld County Area Agency on Aging visit www.weldaaa.org call (970) 400-6950 or email: AAAinfo@weldgov.com



Weld County Honors Public Safety Dispatchers



The effort of Weld County's 911 dispatchers is critical to providing people help in uncertain, challenging, and life-threatening emergency situations. This week, that effort is being championed with the proclamation of National Public Safety Telecommunicators Week (NPSTW), in April by the Weld County Board of Commissioners.

"Our Public Safety personnel does an outstanding job in providing a sense of calm to people going through, arguably, the worst moment of their lives," said Mike Freeman, Weld County Commissioner Chair. "It's a very challenging job and a very impactful job that not everyone can do. Our recognition of National Public Safety Telecommunicators Week is a way to say 'thank you' to our dispatchers. It also recognizes their professionalism and unwavering commitment to help others when they need it most, which is truly a heroic action."

The dedication of Weld County's Department of Public Safety Communications, which includes dispatchers and radio technicians, a training and administrative team and support from Weld County's Department of Information Technology, has earned Weld County's Regional Communications Center (WCRCC) recognition as one of the best nationwide.

In 2021, the WCRCC was named the nation's top public safety answering point by NICE Public Safety. In 2022, the center received its third reaccreditation as an Accredited Center of Excellence by the International Academies of Emergency Dispatch. Over the past year, 18 dispatchers received Lifesaver Awards, and others were recognized by municipalities or individual citizens they helped.

The board's proclamation is part of a larger effort to honor public safety communicators across the country. NPSTW was first established in 1981 as "a time to celebrate and thank those who dedicate their lives to serving the public," according to NPSTW's website.

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Say you saw it in 50 Plus Marketplace News

Genealogy Rocks!

Most people who come to genealogy want to know the story. When did they arrive? Who were their parents? Why did they live in Ohio or Illinois or Texas?



Carol Darrow

The answers are in the census records, recorded every ten years and available on Ancestry.com and FamilySearch.org. There is a lot of information in the census records but some people can't see the story hidden among the facts.

My grandfather, Roland Benjamin Cooke, was born on September 8, 1888 in Alabama. His parents were R. B. and Emma Elizabeth Cooke, both born in Georgia. Roland's older siblings were also born in Georgia, and his next younger brother, Bryant, was born in Louisiana in 1892. (1900 census). So we know that a long-time Georgia family moved briefly to Alabama before continuing on to settle in Bienville Parish, Louisiana.

Roland's father died before 1910 because Emma is listed as a widow on

the census that year. Roland's three older siblings (all females) are also missing and likely married before the 1910 census. Findagrave records and marriage records for Bienville Parish, Louisiana, may help us answer those questions.

In the 1920 U.S. census, Roland was living in Fort Worth, Tarrant County, Texas, with his wife Effie and his son Prentice Cooke who was born about 1915 in Louisiana. The 1930 census tells us that Roland was 25 and Effie was 16 when they married, indicating that they married in 1914. Also the 1930 census reports that the couple have a second son, Calvin, born in 1921 in Tarrant County.

The 1940 census tells us that Roland completed his schooling with the 8th grade. This is very common for the 1890-1940 period. Boys on farms often left school early. Throughout this time Roland worked as a railroad car carpenter, farmer, policeman, and mechanic.

That's the story!

Go to www.cogensoc.us to register for a free Genealogy 101 class on May 13 on Zoom with Carol Darrow.

Friendly Fork Daily Lunch Menu		
May 2023 Day	Date	Meal
Monday	1	Spaghetti & Italian Beef Meatballs, Broccoli & Cauliflower, Fresh Fruit Mix, Blue Gelatin Parfait, 1% Milk
Tuesday	2	Roasted Chicken Breast with Pesto Sauce*, Scalloped Potatoes, Peas & Carrots, Orange Slices, Oatmeal Raisin Cookie, 1% Milk
Wednesday	3	Chicken Caesar Wrap, Potato Salad, Fresh Strawberries, Banana Chia Pudding, 1% Milk
Thursday	4	Beef & Mushroom Meatloaf, Garlic Mashed Potatoes & Gravy, Broccoli/Olive/Sundried Tomato Salad, Apple Slices, 1% Milk
Friday	5	Beef Enchilada Casserole, Mexican Red Rice, Refried Beans, Pineapple, Chocolate Pumpkin Bar*, Side of Pico de Gallo & Sour Cream, 1% Milk
Monday	8	Egg Bake, Pork Sausage Links, Breakfast Potatoes, Pear, Banana Bread, Side of Salsa & Ketchup, 1% Milk
Tuesday	9	Tuna Casserole, Broccoli & Cauliflower, Banana, Wheat Roll with Butter, Fudge Brownie*, 1% Milk
Wednesday	10	Beef Top Round with Gravy, Macaroni & Cheese, Mixed Vegetables, Orange Slices, 5 Layer Dessert Bar*, 1% Milk
Thursday	11	Beef & Broccoli Stir Fry, Brown Rice Pilaf with Red Peppers & Carrots, Fresh Fruit Mix, Assorted Nuts, 1% Milk
Friday	12	Hamburger with Pickles, Tomato, Onion & Lettuce, Roasted Sweet Potatoes, Peas & Carrots, Mixed Fruit, Side of Ketchup, Mustard & Mayo, 1% Milk
Monday	15	Lemon Butter Salmon, Smashed Red Potatoes, Steamed Green Peas, Cinnamon Applesauce, Lemon Crumb Bar, 1% Milk
Tuesday	16	BBQ Pulled Pork Sandwich, Baked Beans, Classic Coleslaw, Fresh Fruit Mix, Banana Chocolate Chip Muffin, 1% Milk
Wednesday	17	Chicken Parmesan & Marinara over Penne Pasta, Caesar Salad, Watermelon Slice, Chocolate Peanut Butter Brownie*, 1% Milk
Thursday	18	Slow Roasted Pork, Green Beans & Stewed Tomatoes, Pasta Salad, Orange Slices, Honey Bran Muffin with Butter, 1% Milk
Friday	19	Salisbury Steak with Gravy, Mashed Potatoes & Gravy, California Blend Vegetables, Wheat Roll with Butter, Tropical Fruit Mix, 1% Milk
Monday	22	Sloppy Joe, Brussels Sprouts with Side of Malt Vinegar, Roasted Sweet Potatoes, Plum, Butterscotch Pudding, 1% Milk
Tuesday	23	Beef Lasagna, Spinach Side Salad with Balsamic Vinaigrette, Apricot Halves, Wheat Roll with Butter, Banana Chia Pudding, 1% Milk
Wednesday	24	Old Fashioned Beef Stew, Broccoli Pasta Salad, Wheat Roll with Butter, Orange Slices, 1% Milk
Thursday	25	Chicken Fried Steak with Gravy, Garlic Mashed Potatoes & Country Gravy, Coleslaw, Chocolate Peanut Butter Brownie*, 1% Milk
Friday	26	Turkey & Provolone Sub Sandwich with Tomato & Lettuce, Vegetable Pasta Salad, Roasted Beets, Diced Pears, Apple Cranberry Crisp, Side of Mustard & Mayo, 1% Milk
Monday	29	 *CLOSED in Honor of Memorial Day*
Tuesday	30	Beef & Bean Chili, Garlic Roasted Potatoes, Steamed Peas, Watermelon Wedge, Cinnamon Roll, 1% Milk
Wednesday	31	Fish Sandwich with Lettuce, Tomato & Side of Tartar Sauce, Scalloped Potatoes, Broccoli/Olive/Sundried Tomato Salad, Fresh Blueberries, Rice Krispy Treat, 1% Milk

Nutrition content of meals is reviewed by Friendly Fork dietitian, Jessi Like at (970)400-6118 jlake@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.




MARKET DAY IS Saturday

GREELEY FARMERS MARKET
AT THE DEPOT

SUMMER
- The Depot | 902 7th Ave -
SATURDAYS
Mid May - Late Oct
8 am to Noon

WINTER
- Zoe's | 715 10th St -
1ST & 3RD SATURDAY
Nov - Apr
9 am to Noon

GREELEYGOV.COM/FM



Healthy Foods at Low prices

Also! fresh produce & bread

913 Carbondale Dr., Dacono Mon-Fri 9-7, Sat 9-7 Closed Sunday

Fight Fraud, Shred Instead!

The Weld County Area Agency on Aging is partnering with AARP ElderWatch to hold a FREE community shred event for older adults on

MAY 23RD, 2023

8:30 A.M. – 11:00 A.M

Come securely shred your old tax returns, legal documents and more!

AAA will be accepting donations for the Weld Food Bank.

Please bring canned and/or non-perishable foods to donate.

Held at:
ISLAND GROVE
1221 "D" Street
Greeley, CO 80361

(The event is drive-thru, and will be held in the parking lot South of the grandstands.)

Any questions? Call AARP ElderWatch, 1-800-222-4444, #2

TRADING POST

Travel

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

Travel

\$935
 6 shows, 10 meals and more
 All trips include Motorcoach, Hotels, admissions, guided tours
AND SOME OF THE MEALS!!

Services

Seniors and Veterans, home repairs at affordable Prices. Free information. Call: 970-793-6616

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

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, 2023
 \$1359

Branson Holiday Shows
 November 12- 18th , 2023
 7 days/ 6 nights

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.

English Language Tutoring for Adults.
 Certified ESL Instructor
 Online and Individualized.
 Free Initial Consultation
Laurascott.esl@gmail.com

For Sale

Nice Farmall M Tractor, wide front, power Steering, 12 volt, 3 point hitch and Farmhand F-11 loader. Call 970-867-8962

Part Time SALES!



Choose Your Own Hours and Serve Seniors.

Call Robert at 303-694-5512 For Details.

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.

Travel

COSTA RICA VACATION
 9 Days - from \$750 pp
 Visiting 3 favorite locations:
 Arenal volcano, monteverde cloud forest and Manuel antonio beach.
 All hotels and breakfasts included.
 Private transportation throughout.
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 We are here in Colorado.
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Info@costarica-groups.Com
[Http://www.Costarica-groups.Com](http://www.Costarica-groups.Com)

Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to robert@50plusmarketplaceneews.com or mail this form and a check for \$29 per month made payable to:



4400 Sioux Dr.
 Boulder, CO 80303

Copy due by the 10th of the preceding month.

<input type="checkbox"/> July 2023	6/10/2023
<input type="checkbox"/> May	7/10/2023
<input type="checkbox"/> September	8/10/2023
<input type="checkbox"/> May	9/10/2023
<input type="checkbox"/> May	10/10/2023

ADVERTISER'S INFORMATION

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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

Shuffleboard Tournament
 Wednesday, May 10 | 9 a.m. – 2 p.m.
 Prizes will be awarded to the top two finishers. Prizes donated by The Lodge at Greeley Assisted Living. Make a reservation and join us for the Friendly Fork lunch at 11:30 a.m. Fee \$3 member, \$8 non-member.

AARP Safe Driving Class
 Thursday, May 11 | 12-4:30 p.m.
 This is an excellent opportunity to refresh your driving skills and knowledge. Potential for auto insurance reduction. Updated materials and videos. Taught by a trained volunteer instructor.
 Greeley
 Fee: \$20 AARP member, \$25 non-member (Payable to the instructor at the time of class)

Travel Programs

Armchair travel to Mexico!
 Friday, May 5 | 2 p.m.

The land of tacos, Aztecs, sombreros, and tequila! This fascinating country encompasses epic landscapes, from shimmering beaches to lush jungles, snow-capped mountains, and cactus-strewn deserts. A small tasting meal will be provided by the Active Adult Center staff, please feel free to bring your own Mexican food and snacks.
 Greeley
 Fee: \$10 member, \$15 non-member

Rockies Game
 Wednesday, May 17 | 11 a.m.
 Take me out to the ballgame, take me out to the crowd! Come join us as your Colorado Rockies take on the Cincinnati Reds in this mid-week matchup.
 Denver
 Fee: \$30 member, \$35 non-member
 Registration Deadline: May 3

Wild West Walking Tour
 Tuesday, May 23 | 8:30 a.m.
 This tour is more than just facts and dates. Your guide will bring you back into the Wild West with true stories from the Colorado Gold Rush to the founding of Denver and Golden as you walk the streets and parks of historic Golden. The stories and characters make this tour stand apart from your average historic walking tour. Hangings and hijackings,

shootouts and showmen; Golden has stories hiding behind every corner!
 Golden
 Fee: \$35 member, \$40 non-member
 Registration Deadline: May 9

Gabbie Gourmet: Denver Milk Market
 Thursday, May 25 | 10 a.m.
 Denver Milk Market is an all-local, all-wonderful mix of take-away and dine-in restaurants and bars. The venue consists of 16 different options and is a cornerstone of the historic Dairy Block in downtown Denver. From pizza and pasta to ice cream and tacos, your options won't be limited at this chic Denver Eatery.
 Denver
 Fee: \$20 member, \$25 non-member
 Registration Deadline: May 11

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

Social Security Today

Ready To Retire? Apply Online With Social Security

It's never too early to start planning for retirement and our online tools can help. Go to www.ssa.gov/myaccount to access your personal my Social Security account to get an estimate of your retirement benefits based on your earnings record. Once you have an account, you can use our Plan for Retirement tool to see how your benefits can change at different ages. Don't have a personal my Social Security account? You can create one at www.ssa.gov/myaccount.

You can also use your personal my Social Security account to see your entire work history and make sure we have all your wages recorded correctly. We base your benefit amount on the earnings reported to us. If you find any errors in your work history, read this guide www.ssa.gov/pubs/EN-05-10081.pdf to learn how to correct your Social Security record.

When you're ready to apply for Social Security retirement benefits, you can complete our online application in as little as 15 minutes at www.ssa.gov/retirement. We will contact you if we need any further information. You can check the status of your application through your online account.

You can apply online for Social Security retirement benefits, or benefits as a spouse, if you:

- Are at least 61 years and nine months old.
- Are not currently receiving benefits on your own Social Security record.
- Have not already applied for retirement benefits.
- Want your benefits to start no later than four months in the future. (We cannot process your application if you apply for benefits more than four months in advance)

Find out more about retirement benefits at www.ssa.gov/retirement.

Crossword Puzzle

50 Plus Marketplace News

May 2023
 Answers page 6

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

- 1 Conclusion
- 5 Pond scum
- 10 Slender
- 14 Inspires dread
- 15 Spacious
- 16 Wallaroo
- 17 Trim
- 18 Part of the verb "to be"
- 19 Explain unduly
- 21 Assign
- 23 Rudimentary component
- 24 Small child
- 25 Woody plant
- 26 Formerly Ceylon
- 30 Vestiges
- 35 Monetary unit of Bulgaria
- 36 Lubricates

- 38 Carousal
- 39 First man
- 41 Color
- 43 Acquire through merit
- 44 Saltpeter
- 46 Leg joint
- 47 Part of verb "to do"
- 48 Pertaining to the Gaels
- 50 Table supports
- 53 Mountains
- 55 Falsehood
- 56 Garland
- 60 Action of a styptic
- 64 From within
- 65 In the direction of
- 66 Accent
- 67 Festive occasion

- 68 Convocation of witches
- 70 A single time
- 71 Sight organs
- 72 Monetary unit of Botswana
- 73 Mild oath

DOWN

- 1 Scene of first miracle
- 2 Is indebted
- 3 Make inactive
- 4 Stellar
- 5 Bedouin
- 6 Togo
- 7 Depart
- 8 Yellowish brown color
- 9 Grommet
- 10 Thin stratum
- 11 Lubricate
- 12 Metallic element
- 13 Three-year-old salmon
- 20 Ogles
- 22 Highest mountain in Crete
- 25 Abilities
- 26 Jargon
- 27 Cylindrical larva
- 28 Beverage made with beaten eggs
- 29 A church
- 31 Monkey
- 32 Lullaby
- 33 Strange and mysterious
- 34 Transmits
- 37 Prophet
- 40 Honey
- 42 Born
- 45 Cheerful
- 49 Dry red table wine
- 51 Wily
- 52 Stealthy
- 54 Gentle splash
- 56 Restaurant
- 57 Comply
- 58 Religious practice
- 59 Singles
- 60 Thrust with a knife
- 61 Carry
- 62 South American Indian
- 63 Propagative part of a plant
- 69 To exist



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

Be sure to Like and Follow @50plusnews

Plant Sale

Bake Sale & Craft Fair

MAY 13, 2023

8 AM - 3 PM
SANBORN PARK, GREELEY, CO

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 www.greeleygardenclub.com
 970-400-1839
 [@greeleygarden](https://www.instagram.com/greeleygarden)



Memorial Day Quotes

“No man is entitled to the blessings of freedom unless he be vigilant in its preservation.” General Douglas MacArthur

“Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it. Unknown

“It doesn’t take a hero to order men into battle. It takes a hero to be one of those men who goes into battle.” Norman Schwarzkopf

“Patriotism is not short, frenzied outbursts of emotion, but the tranquil and steady dedication of a lifetime.” Adlai Stevenson

“Patriotism is when love of your own people comes first; nationalism, when hate for people other than

your own comes first.” Charles de Gaulle

“It is foolish and wrong to mourn the men who died. Rather we should thank God such men lived.” George S. Patton

“In the End, we will remember not the words of our enemies, but the silence of our friends.” Martin Luther King, Jr.

“Patriotism is supporting your country all the time, and your government when it deserves it.” Mark Twain

“My fellow Americans, ask not what your country can do for you, ask what you can do for your country.” John F. Kennedy

Attorney General Phil Weiser Aiming to Protect Veterans’ Rights

Attorney General Phil Weiser today joined a bipartisan coalition of 34 states’ attorneys general in asking the U.S. Supreme Court to protect veterans’ rights. In the case Rudisill v. McDonough, the court will decide whether to allow the Department of Veterans Affairs to deny veterans their Post-9/11 GI Bill benefits, which, for veterans with multiple periods of service, include funding and allowing them to pursue higher education.

“Veterans have a legal right to benefits outlined under the GI Bill, including the right to pursue higher education with their country’s support,” Weiser said. “Threatening to deny veterans these benefits disrespects the brave men and women who made significant sacrifices in service to our country.”

James Rudisill is a Virginia resident and a decorated army veteran of the wars in Iraq and Afghanistan. After his first tour, Rudisill used his Montgomery GI Bill Benefits



to further his education, successfully complete his undergraduate degree, and return to the U.S. Army as a commissioned officer. Rudisill received one of the military’s highest accolades – the Bronze Star – for

his service. Following his third tour, Rudisill was accepted into the Yale Divinity School, with a goal of returning to the armed forces yet again, this time as a chaplain.

The VA denied Rudisill his Post 9/11 GI Bill benefits, even though veterans with multiple requisite periods of service, like Rudisill, can earn up to 48 months of educational benefits. This unexplainable decision by the VA was overturned by multiple courts, but the U.S. Court of Appeals for the Federal Circuit ultimately upheld the VA’s decision, robbing thousands of veterans of the GI Benefits they earned while serving their country in Iraq and Afghanistan.

Technology is Hip!

Smart Glasses for Hearing Impaired People



Bob Larson

In the U.S., the National Institutes of Health estimates that 1 in 3 people between the ages of 65 and 74 has hearing loss. Nearly 50% of those older than 75 are already hard of hearing. Hearing loss may be caused by a number of factors including genetics, aging, exposure to noise, some infections, birth complications, trauma to the ear, and certain medications or toxins.

Hearing loss is associated with Alzheimer’s disease and dementia. The risk increases with the hearing loss degree. Hearing loss can lead to cognitive decline, falling down, depression, speaking, and neurology disorders such as tinnitus.

Besides the many types of hearing aids, which vary in price from under \$100 to over \$5,000 for a set, a new technology of smart glasses is available for the hearing impaired. They offer built-in hearing aids to closed captioning and access to the Inter-

net for the tech savvy seniors.

Several companies have recently introduced smart glasses capable of providing text in the eyeglass of what you are hearing (aka closed captioning text). Xander Glasses were introduced at the recent Consumer Electronics Show, which provides noise cancelling microphones with 90% accuracy, closed captioning, rechargeable batteries, lightweight, UV protection, safety rated, and can be fitted with your eye prescription. Cost to be announced soon!

The Epson Moverio, Google, Voicee, LLVision, & XRAI smart glasses also offer closed captioning plus some offer multiple languages and cost more with the extra features. However, all smart glasses with captioning features don’t always work well in noisy areas. Some say 90% accuracy in noisy areas, while others may not be as good. Depending on the features, they vary in price from \$500 to \$1,200.

This is another great use of technology that helps many Americans with hearing disabilities. Bob Larson is a technologist and Marketing Director for 50 Plus!

Better Business Bureau

BBB Scam Alert



Shelley Polansky

The National Cyber Security Alliance (NCSA) and the Better Business Bureau (BBB) remind everyone that when clearing out the physical clutter, there’s probably a bunch of digital data clutter that lives on your electronic devices.

Focusing on cybersecurity and protecting sensitive information is critical.

Taking simple, proactive steps will go a long way in safeguarding against potentially disruptive issues – like identity theft, loss of funds, or credit card fraud – that can cause mayhem by compromising your data. Take the time to practice a few precautionary measures, and you will have greater peace of mind – not only this spring but all year round.

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

Lock down your login: Security is critical to protecting accounts used for work and home. Ensure passphrases for each account are lengthy, unique, and safely stored.

Enable 2-factor authentication on all accounts that offer it.

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

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

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

In addition to following the above-listed tips, small business owners should take time to establish, update, and communicate policies and procedures around topics like record retention. It is also imperative that a cybersecurity strategy is in place and used by all employees. BBB has tips on BBB.org/bizhq on how to avoid online scams when working from home.