

How Older Adults Are Changing America

An aging population is shaking up our country. Why it's happening and what it means? Take a look around. We live in a country that is being transformed in ways both obvious and hidden by older Americans. Our growing numbers and enduring vitality ensure that this disruption will continue to roll through the American economy, culture, society and politics penetrating deep into the very marrow of the nation.

We the people, at midlife and beyond, represent the third-largest economy in the world, after China and the U.S. as a whole. But we are more than just consumers and wealth holders: We are workers, thinkers, influencers and innovators with the power to shape markets and exert pressure on corporations and elected leaders.

Despite decades of rampant ageism in the workplace, the number of workers 65 and older has mushroomed by 117 percent in a span of 20 years, according to the U.S. Bureau of Labor Statistics. Re-

markably, employment of individuals 75 and older has increased by the same percentage.

And the trend is growing strong. "I'm getting a lot of requests by employers to talk to their teams about how they can integrate older workers in their workforce," says Janine Vanderburg, senior strategist for Changing the Narrative, a national campaign funded by the NextFifty Initiative to end ageism.

Hiring older workers is not mere altruism: An estimated 10 million jobs in America are sitting unfilled. This has forced a change in recruitment to target those of all ages, Vanderburg says. Older workers' preference for remote work, especially in retirement, is pushing employers to be more flexible about where work happens. There are also greater opportunities for part-time work.

One company with an informal "phased retirement" program is the financial services firm Principal. Employees 57 and older with at least 10 years of service are able

to transition from full-time to part-time jobs. Principal also has a "boomerang" program that allows former employees to return as part-timers.

Tax preparation firm Jackson Hewitt is increasingly hiring retirees from January through April. "We find that retirees are really great at being interactive with clients and showing empathy," says Alicia Branon, Jackson Hewitt's director of talent programs and attraction.

Another trend is "returnships" short-term employment programs intended to help people who have been out of the workforce ease their way back in. Trimble, a global industrial technology company, has partnered with the nonprofit Path Forward

since 2020 to offer returnships. Most participants then get full-time jobs at Trimble, the company reports.

Finally, AARP continues to expand its Employer Pledge program, in which companies commit to equal consideration of all job applicants regardless of age. Last year, 568 additional companies with a total of 1.5 million employees signed the pledge, up from 477 new signers with 1.1 million workers in 2021. Courtesy Richard Eisenberg with AARP.



Local Organizers Promote Blessings of Liberty Event!

In September, local organizer Mary Zenzen and the Northern Colorado Colonial Patriots in partnership with the Patriot Academy, American Legacy Academy, and Weld County Commissioner hosted their third annual Blessings of Liberty event at the Windsor High School Auditorium. The featured keynote speaker and author Dr. Thomas Krannawitter spoke about the history of our U.S. Constitution and discussed "Rediscovering the Constitution: You'll Fall in Love with Your Country All Over Again!"

The Northern Colorado Colonials representing George Washington, Thomas Jefferson, Benjamin Franklin, and Betsy Ross greeted the attendees and distributed the U.S. Constitution handbook.

Master of Ceremonies Allen Thomas III opened the program with introductions followed by the

presentation of colors flag ceremony by the Rocky Mountain Young Marines, Pledge of Allegiance and Preamble to the Constitution by the Ascent Classical Academy students directed by teacher Shelley Holley.

Professional vocalist Rebekah Burley sang the national anthem followed by a sing-along with the Northern Colorado Student Collaboration Choir of all the armed forces medley of songs as many veterans stood during their song and the audience sang several national patriotic songs.

W e l d
C o u n t y

Commissioner Lori Saine presented certificate awards to the 2023 winners of the Weld County U.S. Constitution Week Essay and Art Contest. Many students were recognized for their outstanding essays promoting the constitution and what it means to be a patriotic American.



Allen Thomas III, Mary Zenzen, & Dr. Thomas Krannawitter

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NOVEMBER Calendar

Thursday/2

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

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

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer's Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Check individual venues for current information

Calendar sponsored by:
Beyers Law

We Care

Social Security Today

Social Security Cost-of-Living Adjustment for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024.

The 3.2 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 66 million Social Security beneficiaries in January 2024. Increased payments to approximately 7.5 million SSI recipients will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits)

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600.

The earnings limit for workers who are younger than "full" retirement age will increase to

\$22,320. (We deduct \$1 from benefits for each \$2 earned over \$22,320.). The earnings limit for people reaching their "full" retirement age in 2024 will increase to \$59,520. We deduct \$1 from benefits for each \$3 earned over \$59,520 until the month the worker turns "full" retirement age. There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

In December 2023, Social Security COLA notices will be available online to most beneficiaries in the Message Center of their Social Security account.

The purpose of the COLA is to ensure that the purchasing power of Social Security and Supplemental Security Income

(SSI) benefits is not eroded by inflation. It is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year a COLA was determined to the third quarter of the current year. If there is no increase, there can be no COLA.

The CPI-W is determined by the Bureau of Labor Statistics in the Department of Labor. By law, it is the official measure used by the Social Security Administration to calculate COLAs.

Congress enacted the COLA provision as part of the 1972 Social Security Amendments, and automatic annual COLAs began in 1975.

Technology is Hip!

3D Printed Homes of the Future



Bob Larson

Our government estimates the U.S. is short about 3.8 million housing units, both for rent and for sale. Builders cannot keep up with the demand and prices keep rising!

A recent 60 Minutes TV program discussed 3D printed homes using this latest technology. According to Jason Ballard, founder of Icon, he sees 3D printing as the future of housing construction. As a startup that uses 3D printing in place of traditional home construction, Ballard believes strongly that the multi-step labor intensive process of framing walls and

hanging drywall in new homes will be replaced by 3D printing robots.

Jason indicates 3D printed homes will be more energy efficient by 2 ½ times, much stronger by 3 ½ times, exceeding 200 mph winds, much higher fire rating, resists termites and flooding, eliminates any labor shortages, lasts longer, and does it faster than traditional methods.

He started his new venture in Texas, where he built a homeless community as a test using 3D printing. Icon is currently building the world's first large community of 3D-printed houses north of Austin, Texas. A four-bedroom 3D printed home will cost about \$400k. Each of the 100 houses starts with pumping a special blend of concrete into the robotic

printer. The 3D printer completes the home in two weeks versus several months using traditional construction methods.

His next venture with the help of NASA is to create 3D printed landing pads, roads, buildings, and homes on the moon and eventually Mars for the astronauts and workers. NASA gave Icon a \$57 million contract to build the new 3D robots for the moon within a decade. The laser equipped 3D robots won't be using concrete, but using the existing lunar soil, (aka regolith) on the moon to build the proposed structures.

This is another great use of technology to enhance our human lives.

Bob Larson is a technologist and our Marketing Director.






TREES OF JOY PROJECT!

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Contact Lakisha Williams
970.449.7199 or
LWilliams@WindSongMemoryCare.com

WindSong at Northridge is spreading joy throughout the community!

We are asking those that love to knit or crochet to contribute their colorful creations to add to our project.

We will be expanding our efforts into the greater Greeley Community and would love the assistance of citizens near and far!

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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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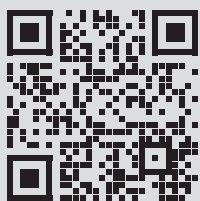
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Veterans Echoes

Indians On The War Path



Brad Hoopes

America's involvement in World War II was nearly a year old when the Loveland High School Indians beat Salida 26-18 in the state championship game. Through the years I had gotten to know and record the stories of Lee Bashor (#33) and Ken Calkins (#38 and last surviving member of the team). As I studied the team photo, I wondered how many of those "kids" in that photo would go off to serve in the war effort. If I was a betting man, I would have put money down that practically everyone in that picture did.

Research showed that bet would have paid off. With the exception of one player who moved away a year later and I was unable to confirm his status (once again would put money down that he served), every player and the assistant coach (L) in that picture would eventually go off to war. Even coach Ray Patterson (R)

was affected by the war, as he took over the coaching position when coach Bill Reed left to run the draft board. Sadly, Bill Jump (#37) would be killed in action one month before the war ended in Europe.

The war was a collective, all-consuming effort by every citizen and over 16 million Americans would serve. Loveland was no exception to this effort.

472 Lovelanders would serve and 24 of those would lose their lives. Quite an impact and loss for a town of 6,200 people. There is no doubt that every community throughout Colorado and the country had similar stories and statistics.

Brad Hoopes has a passionate project of preserving the stories of veterans. To watch veterans tell their stories, please visit: www.youtube.com/@rememberandhonorstories



Elder Law Q & A

Trust Declaration Is Not a Contract

A Michigan appeals court recently held that a declaration of trust ownership stating that all property would go to a trust was not a contract. The co-trustee did not breach her fiduciary duty when she refused to transfer the contents of an account to which she was the sole beneficiary to the trust she shared with her brother.

In this case, the children's father named his daughter as the sole beneficiary of an investment account. Several years later, he created an irrevocable trust, making a trust agreement and a declaration of trust ownership. He designated his two children as co-trustees. The declaration of trust ownership stated that the trust would include all his property, including his accounts. However, the father never changed the beneficiary on the investment account from his daughter to the trust.

The court held that the declaration is not a contract. It states the grantor's intent, but in this case the father needed to make arrangements, such as updating the beneficiary on his investment account, to carry out his plans. The

trust agreement was a contract, but the declaration was a separate document, not part of the agreement.



Bill Beyers

Accordingly, the daughter did not breach her duty or violate the trust agreement when she declined to transfer the account's contents to the trust. As the declaration was not a contract, it did not oblige her to make the transfer.

This case highlights the importance of funding a trust once

it is established. Simply stating that you want all of your assets included in a trust is not sufficient. The maker of a trust, whether revocable or irrevocable, must take affirmative steps to title assets in the name of the trust or designate the trust as beneficiary of accounts on appropriate beneficiary forms.

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Friends and Family Fishing

The late afternoon and early evening were pleasant. Windsor Lake was calm and most inviting for fishing and fun. So, the invitation was accepted. The fishing got underway. Enjoyment and fun fol-

lowed. A few bites! A few catches only to be released back into the lake. Oh! There were snacks too. All and all, a splendid evening spent by Friends and Family. Another visit is planned!



Reflections

Nature's Colors



Martha Coffin Evans

As I look at the beauty of the November sunsets, I'm reminded of a quote I heard years ago: "November sunsets are the dividends paid by the year before closing its books." How true that seems to me.

These sunsets along with the beautiful colors found in the sunrises, should we be awake to see them, are reminiscent of stained glass. Having created several stained glass pieces years ago, their amazing colors provide much to be admired. Whether pastels or brilliant oranges, rusts, red, complemented with blues, their patterns appear endless and unique. Possibly hues of green appear in these morning and evening spectacular shows.

Nature gives us other beautiful and colorful patterns in granite. If you've ever visited a granite warehouse with the intent of finding something new for your kitchen or

bathroom counters, the immense array of colors is mind boggling. Who knew about these incredible color schemes unless on the quest for a home remodel.

While I don't understand the science behind the colorful skies or what makes granite so varied and impressive, I can appreciate them both. Most likely, sky gazing is the least expense of these options for admiring nature at work.

Take a stained glass class and enjoy the challenge of cutting, shaping and soldering your piece which you'll have for years of enjoyment. Or, feel free, to select that special piece of granite. It might cost a tad more than the other works of nature although it will be enjoyed daily for years to come as well.

What's your favorite display of nature's colors at work? All are priceless in their own unique way.

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC., can be reached at itsmemartee@aol.com. Find her others writings on www.martycoffinevans.

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MEDICARE MONDAY

WEEKLY MEDICARE TOPICS FOR OLDER ADULTS

JOIN US IN PERSON OR ONLINE FOR VIRTUAL SESSIONS

2024 Medicare Changes

In-Person Meetings (Starting at 9:30 a.m.)

Nov. 6: Good Samaritan Society (Fort Collins Village), Garden Square (Greeley), and Inner City Parish (Denver)

Nov. 13: River Pointe Senior Living (Littleton) and Cherry Creek Retirement (Aurora)

In-Person Afternoon (Starting at 1:30 p.m.)

Nov. 6: Foothills Parks and Recreation (Littleton)

Wednesday!

LUNCH & LEARN

All Virtual Meetings (Zoom-Only)

Nov. 1: 12:00 p.m. to 1:00 p.m.
What is the Difference: Medicare Supplement & Medicare Advantage

Nov. 8: 12:00 p.m. to 1:00 p.m.
Medicare Benefits: Home Care, Nursing Home & Hospice Care

Nov. 15: 12:00 p.m. to 1:00 p.m.
Medicare: The Little Things You Need to Know

cgcs Colorado Gerontological Society Leaders in aging

VISIT SENIORANSWERS.ORG FOR LOCATIONS, REGISTRATION AND COMPLETE EVENT DETAILS

CAREGIVER APPRECIATION

Be kind to yourself!

Join us for a little pampering, continental breakfast, lunch provided by Corleone's, and a presentation by Cathy Heise, Conversation Host & Facilitator. Guest caregiver panelists, massages, and resource booths will also be available to visit at your leisure.

November 14, 2023
9:30 a.m. – 2 p.m.

LINC,
Library Innovation Center 501 8th Ave,
Greeley CO 80631
Free Parking

Free
Reservations required by November 8
Call 970-350-9440 to RSVP

Please note: A caregiver is defined as a family member or an unpaid helper who regularly looks after an elderly (50 and older), or disabled person. There will be no respite care provided at this event.

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50 Plus Marketplace News Reunites Two Friends

Accomplished artists Jack Olson and Jerry Fugere became friends over forty years ago. Early in their friendship they founded the former North American Artists Association. Both contributed time and effort to the Association.

friendship. More than thirty years had passed since their last communication with one another.

Arrangements were made to meet at the recent 2023 Golden Gallery 50+ Art Show in Greeley which they did.

About 10 years into their friendship their life paths took them in different directions. Since that time, they had not seen or communicated with one another.

Jack and Jerry found great pleasure in their reunion. They had the opportunity to catch-up a bit and certainly old times reminiscing played a major role in their get together. They both decided it would be an excellent idea to stay in touch. That is the plan!

That recently changed when Jerry was reading a Weld Edition of 50 Plus Marketplace News. He came across an article about his friend Jack who had won a Best of Show Award at an Art Show in Greeley. This prompted Jerry to locate Jack and re-new their

50 Plus Marketplace News is delighted to have had a role in their friendship reunion.

Written by: Michael Buckley, Associate Publisher



Windsor Clearview Library Fun

Families and friends gathered at the Library to enjoy and have fun visiting the Two By Two Petting Zoo conveniently set up in the Library parking lot. Visitors had the opportunity to feed and pet a variety of animals which resulted in enjoyable experiences for

everyone. Both child and adult! The Windsor Clearview Library is proactive in hosting community activities inside and outside. The Library is located at 720 3rd Street in Windsor.

Stop by! You will be glad you did and impressed too!



It's All About Success An Outstanding Success!

The Ninth Weld Senior Symposium held recently was all about Success. Success in its truest terms! Success beginning at 8:30 a.m. and ending at 2:00 p.m. The four and a half-hour event was extremely well orchestrated getting underway with a warm & friendly welcome by volunteers and WSS committee members.

useful information surrounding the navigation of financial, legal and care choices.

The WSS Committee along with appreciated volunteers, sponsors, speakers, the Island Grove folks, and others teamed up to reach the pinnacle of success the Weld Senior Symposium achieved.

The Symposium featured expert speakers addressing vital issues facing the senior community. A wide range of sponsors were on-hand displaying and presenting services important to the senior community. The entire event gave attendees several opportunities to take home



Weld Senior Symposium lunch break



WSS Committee: (l-r) Maureen Walker, Valeria Ortiz, Sarah Harlow, Genelle Davis, Michael Buckley, Sandra Acevedo, Michelle Shepard, Nichole Seward, Holly Darby, Sheri Lobemeyer (missing from photo: Irish Martin-Danhoff and Michelle Silva)

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(l-r) Back: Lisa, Ash, David - (l-r) Front: Tonya, Shanae, Jessica

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Weld Area Agency on Aging

Caregivers: A Day for you



Jullian Broce

Cindy brings as many as 1 in 4 caregivers spend meals to her parents five (5) 40+ hours each week caring for a loved one. Often, caregiving is an days a week. Most days, she helps mom take a shower and make sure her medication is ready. She also helps her dad with the cleaning and a few loads of laundry at least once a week. Cindy doesn't consider herself a caregiver. Bob helps his wife get out of bed in the morning making sure her walker is always close by. Bob schedules her therapy appointments and make sure gets there safely. Bob does not consider himself a caregiver. The truth is that Cindy and Bob are both family caregivers. AARP estimates that there are 584,000 family caregivers in Colorado alone. According to the National Family Caregiver Alliance, caregivers spend on average, 24.4 hours per week providing care, but

Join us for a day to celebrate you! In recognition of the National Caregiver Month, we are happy to announce this year's Caregiver Appreciation Day, Tuesday, November 14th from 9:30 am to 2:00 pm at the LINC Library Innovation Center, 501 8th Ave, Greeley, CO 80631. Located in the heart of downtown Greeley, you'll find ample parking and a unique experience to for you to relax, unwind and walk away feeling refreshed. FREE brunch, FREE massages and pampering, guest caregiver panel and information booths will be available. Please RSVP by November 8, 2023, to the Greeley Active Adults Center, (970) 350-9440. If Respite care is needed, please mention at the time of reservation.

Grab a friend and join us for a special day to honor you!

Better Business Bureau

BBB Tip: Fall Home Maintenance Get Ready For The Winter



Shelley Polansky

The air is getting more relaxed, and the leaves and cornfields are turning yellow. Fall is here. With the change in weather comes a list of home maintenance that all homeowners should tackle before the icy stuff sets in.

Clean those gutters. A build-up of leaves and other debris can cause your gutters and downspouts not to drain correctly. Inspect your roof and gutters. Inspect your roof for loose or damaged shingles and make any necessary repairs. Damaged or loose shingles can let in water and ice during the winter, creating interior damage.

Test your smoke and carbon dioxide detectors. Making sure these essential safety tools are in proper working condition is manageable and vital to ensuring the safety of those in your home.

Check your window and doors for air leakage. Adding caulk and weather stripping helps prevent cold air leakage into your home and prevents spiders and insects from entering.

Inspect your driveway. The frequent freezing and thawing conditions in many areas, along with tree roots and ground shifting, can cause driveways to develop areas of needed repair.

Tend to the outside water supply. Cover up your outdoor water fixture (s).

Protect pipes. Insulate pipes in unheated areas, like attics, basements, and crawl spaces.

Prepare the garden and yard. Trim trees and bushes away from your home to prevent heavy snow or ice damage.

Store patio furniture and other outdoor items. Put away or cover outdoor furniture, grills, and other summer items to protect them from winter weather.

Stock up on winter supplies. Have salt or ice melt, shovels, and other winter supplies for snow and ice removal.

Reverse ceiling fans. In the colder months, you want your fan to move the warm air down, which means having your blades turn clockwise.

Test backup generators. If you have a backup generator, test it to ensure it's in working condition in case of power outages.

Review your emergency plan. Review your family's emergency plan, including how to stay warm, communication, and evacuation procedures.

Shelley Polansky, President & CEO BBB Serving Northern Colorado and Wyoming



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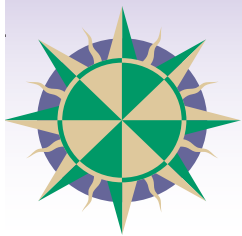
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ANSWERS ON AGING RESOURCE GUIDE

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
 UCHHealth 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 Cr, 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
 UCHHealth 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

Elder Abuse (including Scams and Fraud)

Adult Protective Services: 315 N. 11th Ave, Grl Edu 970 400-6109 /Report 970 346-7676



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I'm Diane Brush-Goldsberry, a licensed sales agent in Colorado and supporting 35 other states. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

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- Take the confusion out of Medicare
- Get help comparing plans
- Receive one-on-one service
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

It's time to take advantage.



Diane Brush-Goldsberry
 Licensed Sales Agent
 9703084051, TTY 711
 Diane@DCTInsurance.com
 DCTInsurance.com



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 Y0066_SPRJ55189_C SPRJ55189

Do You Suffer With Neuropathy?

Do you have or know someone who has these symptoms?

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



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970-686-6833

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Just \$47

Ager's Resource Guide

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
 UCHealth 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
 PASCO 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
 Canyon Home Care and Hospice 350 East 7th St, Ste 2, Lvd, 970 330-5655
 Charter Healthcare of Northern Colorado 1562 Taurus Ct, Lvd 970 667-2273

Is a Reverse Mortgage Right for You?

Reasons to Consider A Reverse Mortgage:

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- Eliminate Existing Debt
- Home Improvements or Repairs
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rightathome.net/northern-co



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 Greeleyle 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
Joe P. Martinez 1701 2nd St, Grl
La Casa Rosa 1011 C St, Grl

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
970 356-2332
970 353-7437

Ager's Resource Guide

Meeker Commons 505 9th Ave, Grl 970 378-9393
Peakview Trails 1512 60th Ave, Grl 970 353-7437 x1011
The Pine at Southmoor 2162 30th St, Grl 970 356-4059
Twin Rivers Apartments 6616 10th St, Grl 970 353-1433
University Plaza 1534 11th Ave, Grl 970 353-9275
Woodside Village Apartments 144 East 24th St, Grl 970 356-5991

Housing: Seniors Only Non-Subsidized

55 Resort Apartments 500 Apex Dr, Windsor 970 372-0494
Good Samaritan Society Fox Run 1720 60th Ave, Grl 970 353-7773
Good Samaritan Society Water Valley 805 Compassion Dr, Windsor 970 686-2743
Greeley Place 1051 6th St, Grl 970 351-0683

Housing: Weld County (Sub/Low Rent)

Ault: Villa Fourteen 214 Birch Ave, Ault 970 834-1570
Dacono: Senior Apartments 412 7th St, Dacono 970 353-7437
Eaton: Benjamin Square 55 Juniper Ave, Eaton 970 454-3338
Erie: Victor F. Smith Senior Housing 800 High St, Erie 303 832-1302
Fort Lupton: Adams Park 451 Rollie Ave, Fort Lupton 303 857-4056
Fort Lupton: Columbine Court 400 2nd St, Fort Lupton 303 857-4400
Fort Lupton: Crane Court 240 South Denver Ave, Fort Lupton 303 857-4400
Hudson: Prairie View 1151 Main St, Hudson 303 536-4501
Johnstown: Columbine Complex 202 North Grl Ave, Johnstown 970 587-2600
Keenesburg: Timberwood 250 East Woodward Ave, Keenesburg 303 732-4221
Kersey: Latham Manor 109 1st St, Kersey 970 351-8229
Milliken: Dove Valley Senior Community 1101 Sandpiper Ln, Milliken 970 667-3232
Windsor: Century III 1027 Walnut St, Windsor 970 686-5576
Windsor: Governor's Farm 701 6th St, Windsor 970 686-9650

Information and Referral

ADRC 315 North 11th Ave, Bld C, Grl 970 400-6952 / State: 844 265-2372
Carbon Valley Help Center 150 Buchanan Ave, Firestone 303 833-6626
Catholic Charities 1442 North 11th Ave, Grl 970 353-6433
Eldercare Locator (National) 800 677-1116
United Way 2-1-1 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 303 857-4052
Medicaid 315 North 11th Ave, Bld C, Grl 970 352-1551 / Hotline 800 221-3943
Medicare - Claims 800 332-6681
Medicare Counseling (SHIP - Aspen Club) 970 495-8560
Medicare Quality Improvement Organization (KEPRO) 844 430-9504
State Health Insurance Assistance Program (Colorado SHIP) 888 696-7213

Mental Health Services

Crisis Support Services 928 12th St, Grl (walk-in) 4/7/365 970 347-2120
Geriatric Behavioral Health Unit 1000 Lincoln St, Fort Morgan 970 542-4357
Johnston Heights Behavioral Health 4770 Larimer Parkway, Johnstown 970 323-7709



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Ager's Resource Guide

National Suicide Prevention Lifeline 24/7/365
North Range Behavioral Health

800 273-8255
970 347-2120

Nursing Homes

Broadview Health and Rehabilitation Center 850 27th Ave, Grl
Columbine Commons Health and Rehab 1475 Main St, Windsor
Fairacres Manor 1700 18th Ave, Grl
Grace Pointe 1919 68th Ave, Grl
Life Care Center of Greeley 4800 25th St, Grl
Pelican Pointe Health and Rehabilitation Center 710 3rd St, Windsor
The Center at Centerplace 4356 24th St Rd, Grl
Westlake Lodge 1637 29th Ave Place, Grl

970 353-1017
970 449-5540
970 353-3370
970 304-1919
970 330-6400
970 686-7474
970 702-7400
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
Argus Home Health Care 720 South Colorado Blvd, Ste 600-N, Denver
Banner Lifeline 5628 West 19th St, Ste 1, Grl
Ever Present Systems PO Box 136, Longmont
Guardian Medical Monitoring
Interim Health Care 2000 Vermont Dr, Ste 11, FtC
LifeFone
PeopleCare Health Services 200 East 7th St, Ste 416, Lvd
Phillips Lifeline
Sunrise Community Clinic 2930 11th Ave, Evans
United Way 2-1-1 814 9th St, Grl

866 686-7504
303 322-4100
970 810-6756
303 956-7269
888 349-2400
970 472-4180
800 331-9198
970 480-0529
855 737-3604
970 353-9403
2-1-1 or 970 353-8808

Prescription Assistance

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

970 353-9403
2-1-1 or 970 353-8808
970 400-2380

Respite Care: Day

Elderhaus Adult Day Program 6813 South College Ave, FtC
Envision 1050 37th St, Evans
Family Caregiver Support Program 315 North 11th Ave, Bld C, Grl
Homestead Adult Day Care 1380 Tulip St, Longmont

970 221-0406
970 339-5360
970 400-6130
303 772-9152

Senior Centers/Recreation

Ault: 204 1st St, Ault
Carbon Valley: 6615 Frederick Way, Frederick
Eaton: 1675 3rd St, Eaton,
Erie: 450 Powers St, Erie
Evans: 1100 37th St, Evans
Fort Lupton: 203 South Harrison Ave, Fort Lupton
Greeley: 1010 6th St, Grl
Grover: 305 Cheyenne Ave, Grover
Hill-N-Park: 4205 Yosemite Dr, Grl
Johnstown: 101 West Charlotte St, Johnstown

970 834-1325
303 833-2739
970 454-1070
303 926-2795
970 475-1125
303 857-4200 x6166
970 350-9440
970 895-2262
970 301-5574
970 587-5251

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

970 353-1681 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
Aims Community College
Colorado Property Tax/Rent/Heat Rebate Program
Internal Revenue Service
Senior Property Tax Exemption 1400 North 17th Ave, Grl

888 227-7669
970 339-6679
303 238-7378
800 829-1040
970 400-3650

Transportation

60+ Ride 800 8th Ave, Ste. 229, Grl
Greeley-Evans Paratransit 1200 A St, Grl
Greeley-Evans Transit 1200 A St, Grl
IntelliRide
Ride NOCO www.rideno.co
Via Mobility Services 2855 N. 63rd St, Boulder
Windsor Senior Ride Program (Windsor Only)
Ztrip 1833 East Mulberry St, Unit A, FtC

970 352-9348
970 350-9290
970 350-9287
855 489-4999
970 514-3636
303 444-3043
970 388-5140
970 224-2222

Veterans Services

DAV Shuttle Service to Cheyenne/Denver VAMC 1830 8th Ave, Grl
Northern Colorado VA Clinic 4575 Byrd Drive, Loveland
Qualified Listeners
The Northern Colorado Veteran Resource Center 4650 20th St, Grl
VA Medical Center 2360 East Pershing Blvd, Cheyenne, WY
VA Medical Center 1055 Clermont St, Denver
VA Outpatient Clinic 2509 Research Blvd, FtC
VA Outpatient Clinic 5200 Hahns Peak Dr, Lvd
Volunteers of America 4650 West 20th St, Ste A, Grl
Weld County Veterans Services 1008 9th St, Grl

970 352-6188
970 593-3300
720 600-0860
970 888-4249
888 483-9127
888 336-8262
970 224-1550
970 313-0027
970 576-6724
970 400-3444

Vision Assistance

Connections for Independent Living 1331 8th Ave, Grl
Curtis Strong Center 918 13th St, Ste 4, Grl
Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl
Ensign Visual Rehabilitation 1101 Oakridge Drive, Ste C, FtC
Lions Club
Low Vision Program 315 North 11th Avenue, Bld C, Greeley, CO 80631

970 352-8682
970 353-9417
970 400-6629
970 407-9999
970 346-1661
970 400-6629

Volunteer Opportunities

60+ Ride 800 8th Ave, Ste. 229, Grl,
Meals on Wheels 2131 9th St, Grl
Qualified Listeners
RSVP Volunteers in Service
United Way 2-1-1 814 9th St, Grl
Weld County Area Agency on Aging 315 North 11th Ave, Bld C, Grl

970 573-5818
970 353-9738
720 600-0860
970 515-5125
2-1-1 or 970 353-8808
970 400-6950

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- Rehabilitation
- Independent/Assisted Living

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Shelby’s focus is on Medicare products with an eye on expanding to other insurance areas in the future. She even has plans to encourage younger adults to be of help and assistance to older adults.

Born and raised in Loveland, Shelby is a native Coloradoan. and

is a 2019 UNC Graduate. We extend our best wishes to her as she embarks on her new business journey. May she BLOSSOM!

*Written by: Michael Buckley
Associated Publisher*



Patriotism! Where did you go?

I heard a man on a local radio station talking about sacrifices made at home during the second world war. I was reminded of things that we did in the little communities on the prairie in SD. Our village was so small we had trouble rounding up enough people to play baseball, however when it came to patriotism, everyone was eager to join in.

I felt compelled to write some of the things we did to help in the war effort. I was remembering scrap iron drives, little parades with waving flags, buying war bonds, rationing on some goods such as sugar, car tires, gasoline, and leather products. The items which are in great abundance now, were so precious back then.

The pride of standing with hands over our hearts as we recited

the Pledge of Allegiance, learning to properly raise, lower and fold the flag with it never touching the ground. And always after sunrise and before sunset.

Silk fabrics were meant for parachutes and not for the ladies’ stockings and undies.

My mother was one of the Red Cross Ladies who made their own mayonnaise for pheasant sandwiches to give to the “soldier boys” coming through on the troop trains in a neighboring town.

Knowing my mother, she probably shot the pheasants with her 4-10. I thank God that I remember these things and that we all worked together for one cause, and not for the glory of one person.

Patriotism! Where did you go?

Written by: Arlene Mewing

Happy Thanksgiving Quotes

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” — John F. Kennedy

“Be grateful in your own hearts. That suffices. Thanksgiving has wings, and flies to its right destination.” ~Victor Hugo

“Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.” ~ Charles Dickens

“When I started counting my blessings, my whole life turned around.” ~ Willie Nelson

“Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not a co-

incidence.” ~ Erma Bombeck

“There’s always something to be thankful for on Thanksgiving. Even if it’s just not being a turkey.” ~ Anonymous

“Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover once a year is way too often.” ~ Johnny Carson

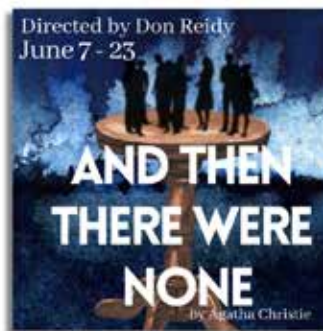
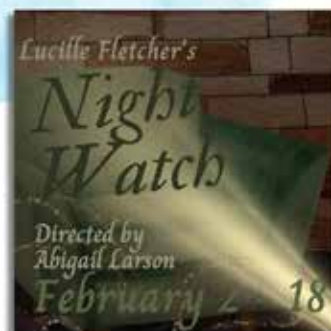
I’m from Canada, so Thanksgiving to me is just Thursday with more food.” ~ Howie Mandel

“It took me three weeks to stuff the turkey. I stuffed it through the beak.” ~ Phyllis Diller

“May all the good things of life be yours, not only at Thanksgiving but throughout the coming year. Happy Thanksgiving Day!”

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Colorado Gerontological Society

Proposition HH - Property Taxes, Tabor Refunds



Eileen Doherty

Denver CO. The State legislature passed Proposition HH with important tax changes for property owners. Learn more about how it will affect renters and homeowners. Property tax revenue in Colorado is set to increase by nearly \$4 billion next year. Statewide, residential assessments are going up 40%. This is nothing short of a property tax crisis. In response the Colorado Legislature has referred Proposition HH to the voters in November.

notice to property owners, convene a meeting with public testimony, and vote to retain any amount of revenue over the cap.

3. Makes the Senior Homestead Exemption portable.

Opponents argue:

1. Prop HH drops residential assessment rates only slightly, from 6.76% to 6.7%. The commercial assessment rate drops from 27.9% to 27.85%. If HH passes, these changes will provide only \$300 million in “relief” from the projected \$4 billion increase. That means an approximate \$3.7 billion increase in property taxes.

2. Ends Tabor Refunds - HH raises the TABOR cap by 1% beyond inflation plus population growth each year. That means, if HH passes, the state will be able to keep and spend \$10 billion of your TABOR refunds over the next decade.

To learn more about the pros and cons, visit our <https://www.youtube.com/user/COGerontology>.

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

Proponents

1. The average homeowner will save \$600 every single year and will get an increased TABOR refund of \$820 this year.

2. Prop HH places a cap on local district property tax collections at the rate of inflation. If revenues exceed the cap, the local government must reduce its property tax rate (mill levy). If the governing body of a district wants to retain revenue over the cap, it must send a

32 Years of Service Providing Information for the 50+ Community

Genealogy Rocks!



Carol Darrow

I recently gave a presentation about the 1950 U.S. census. That census is the most recently released census, coming 72 years after it

played out in the streets until the street lights came on. We did not have bike helmets – we didn’t even have bikes. We had roller skates that clamped onto our shoes. When the skates got worn, my father nailed them to a wooden scooter he built for me.

Growing up in the early 1950s, we played school, war, and hospital. We sold Kool Aid to our friends and set up a primitive haunted house in the alleyway. I looked up the house of Aggie, Annie and Johnny Pat. Across the street was Billy Schmidt’s house where we played school. On the next block were Elizabeth Long and Annie Cooper.

Amazingly enough, they all had parents and extended family that I never knew about. Their parents worked for the city or the machine shop or the grocery store. What an exciting afternoon as I toured the old neighborhood and recalled many happy days.

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

was taken. We will have to wait until 2032 for the release of the 1960 census.

Even though the 1950 census was released on April 1, 2022, many people haven’t bothered to look at it. Most of us in the older generation will probably find ourselves or our siblings in that census. But because we “know” what was happening in 1950, we seem less interested.

I was reported as a four-year-old as of April 1, 1950 because my birthday is in May. I was almost five years old. We had recently moved to this house earlier in 1950 and we lived there until 1957. For me the excitement was identifying my former playmates in the neighborhood.

We were the generation that

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Ageism Matters

How To Change The Narrative On Aging

To counter ageism, we have to think, talk and act differently about aging. But, how do we do that? Each of us can do something, from changing our words to sending a card to advocating for ourselves.

Our organization began in 2018 with training people in reframing aging. The words we use and the stories we tell reflect and influence our beliefs. The response was overwhelmingly positive and we gave over 40 seminars in person that year.

Through this, we also began learning that this was just the start. People told us of workplace age discrimination. We learned that most of us do not have intergenerational relationships outside our family. We saw clearly how ageism impacts our health and even survival.

There are three research-proven solutions to ageism: education, intergenerational connections and policy change. We dug into all three, using strategic communications to reach people.

This led to new campaigns and workshops that provide the background and tools we need to un-

derstand ageism and do something about it - in our workplaces, our healthcare and society in general.

We’ve reached people across the country and world through social media and earned media with campaigns like our Anti-Ageist Birthday Cards and Guidelines for Age-Friendly Communications. Our Intergenerational Conversation Toolkit and movie Antidotes for Ageism have been downloaded



Kris & Sara

hundreds of times. We co-founded the Older Worker Policy Collaborative in Colorado which recently celebrated the passage of the Job Application Fairness Act. On our website you can find all this and more.

We’ve evolved by responding to your input. Learn more in our Five Year Report on our website. Find a way to get involved. Together, we can 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.

Pets Are Family Winter Tips For Dogs And Cats



Judy Calhoun

As the temperature drops and winter sets in, it's essential to ensure our beloved furry companions stay warm and comfortable. Cold weather can be rough on your pets, but with a few simple tips and tricks, you can help keep them cozy and safe throughout the chilly season.

When outside, keep your pets' paws safe. Salt and ice melt chemicals used on roads and sidewalks can be harsh on their paws. Be sure to wipe their paws with a warm, damp cloth to remove any residue. Additionally, consider using pet-safe ice melt products on your driveway and sidewalks.

Adjust your pet's diet as need. They may require more calories during the winter to maintain their body temperature. Consult your veterinarian with supporting your pet's nutrition during the cold months. Along with their nutrition, regular grooming is essential, especially for long-haired pets. Keep their fur well-maintained to prevent matting, which can trap cold air close to their skin.

Despite the cold temps and slippery sidewalks, it's important to stay active in the winter. Daily exercise will promote your pet's

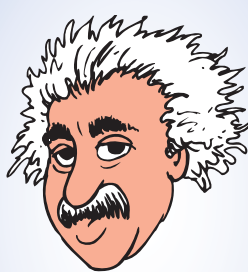
blood circulation, which helps prevent frostbite and ensures their extremities (ears and paws) stay warm. A physically active pet will have a higher core body temperature, making them more comfortable in the cold. Keep an eye on your pets for signs of cold stress, such as shivering, lethargy, or seeking warmth. If you notice these symptoms, bring them indoors and provide additional warmth.

While inside, ensure they have a comfortable and warm bed to rest. I know this is probably a given, but it's important to ensure the bed is in a cozy area of the house, and not near drafts from doors/vents or noisy, high-traffic areas.

Learn more at nocohumane.org.

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Friendly Fork Daily Menu

November 2023		
Day	Date	Meal
*Contains nuts or may not be suitable for individuals with a nut allergy		
Wednesday	1	Roasted Tilapia with Lemon Butter Sauce, Lemon Garlic Broccoli, Corn Bread with Butter & Honey, Diced Pears, 1% Milk
Thursday	2	Beef & Bean Chili with Crackers, Roasted Potatoes, Mixed Vegetables, Banana/ Pear/ Mandarin Orange Mix, Cinnamon Roll, 1% Milk
Friday	3	Chicken Caesar Wrap, Dutch-Style Macaroni Salad, Diced Pineapple, Banana Chia Pudding, 1% Milk
Monday	6	Hamburger with Onion, Tomato, Pickles, Side of Ketchup, Mustard & Mayo, Balsamic Roasted Brussels Sprouts, Roasted Sweet Potatoes, Honeydew Melon, 1% Milk
Tuesday	7	Grilled Chicken Thigh with Gravy, Sautéed Peppers, Barley Pilaf with Butternut Squash & Almonds*, Apple Slices with Side of Peanut Butter*, Banana Pudding, 1% Milk
Wednesday	8	Beef Shepherd's Pie, Wheat Roll with Butter, Broccoli/Olive/ Sundried Tomato Salad, Cinnamon Applesauce, Apple Crisp, 1% Milk
Thursday	9	Chicken, Spinach & Penne Casserole, Breadstick, Caesar Salad, Mixed Fresh Fruit, Salted Nuts*, 1% Milk
Friday	10	*Closed in Honor of Veteran's Day*
Monday	13	Asian Beef Wrap, Sesame Garlic Vegetable Sauté*, Pork & Vegetable Egg Roll with Side of Duck Sauce, Cinnamon Applesauce, Salted Nuts*, 1% Milk
Tuesday	14	Beef Stroganoff with Egg Noodles, Capri Mixed Vegetables, Pear, Chocolate Rice Krispy Treat, 1% Milk
Wednesday	15	Lentil Soup with Crackers, Half Egg Salad Sandwich, Mixed Fresh Fruit, Sugar-Free Gelatin, 1% Milk
Thursday	16	Baked Chicken with Gravy, BBQ Baked Beans, Pasta Salad with Olives, Peppers & Cheese, Diced Honeydew Melon, 1% Milk
Friday	17	Salisbury Steak with Mashed Potatoes & Gravy, Wheat Roll with Butter, California Blend Vegetables, Banana, 1% Milk
Monday	20	Glazed Ham, Sweet Potato Casserole, Wheat Roll with Butter, Braised Cabbage with Apples, Diced Pineapple, Fruit & Peanut Butter Bar*, 1% Milk
Tuesday	21	Glazed Ham, Sweet Potato Casserole, Wheat Roll with Butter, Braised Cabbage with Apples, Diced Pineapple, Fruit & Peanut Butter Bar*, 1% Milk
Wednesday	22	Glazed Ham, Sweet Potato Casserole, Wheat Roll with Butter, Braised Cabbage with Apples, Diced Pineapple, Fruit & Peanut Butter Bar*, 1% Milk
Thursday	23	*Closed for Thanksgiving*
Friday	24	*Closed for Thanksgiving*
Monday	27	Pork Loin & Mashed Potatoes with Mushroom Gravy, Green Beans & Stewed Tomatoes, Wheat Roll with Butter, Orange Slices, 1% Milk
Tuesday	28	Cream of Chicken Wild Rice Soup with Crackers, Breadstick, Broccoli/ Olive/ Sundried Tomato Salad, Mixed Fresh Fruit, Chocolate Chip Cookie, 1% Milk
Wednesday	29	Chicken Fajitas with Peppers & Onions, Side of Salsa & Sour Cream, Refried Beans, Fruit Salad, Molasses Cookie, 1% Milk
Thursday	30	Krautburger, Potato Salad, Broccoli & Cauliflower, Mixed Fruit, 1% Milk

Nutrition content of meals is reviewed by Friendly Fork dietician, Jessi Like. Contact information 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?

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Rocky Mountain National Park Winter Activities

Even though Trail Ridge Road will be closed for the winter, there are many winter activities at the lower elevations. This is a magical time to visit the park, a time when there are fewer crowds and it's easy to enjoy both solitude and snow on a winter wilderness adventure.

However, there are unique challenges associated with the winter and spring seasons to be prepared for: snowpacked and icy roads, temperatures that frequently drop below freezing, as well as seasonal road closures. Extra planning is key to a successful winter adventure in Rocky Mountain National Park.

With elevations ranging from 7,800 feet to over 14,000 feet, winter conditions can greatly vary in the Rocky Mountains. The winter season, especially at locations above 8,000 feet, can stretch from late September or early October to late May or early June.

While March and April may signal the arrival of warm, sunny days in many parts of the U.S., that does not hold true in Rocky Mountain National Park. Historically, March and April are among the snowiest months in the State of Colorado, especially at high elevations. If you are planning for a spring break trip,

or even a trip in early to mid-May, pack your snowboots, and warm clothes! You need to be ready for winter conditions.

Did you know that many of the park's winter trails, including destinations in the Bear Lake and Hidden Valley areas, are located within significant avalanche terrain? Avalanches can be triggered by snowshoers, winter hikers, backcountry skiers, and even wildlife.

And last, the winter season creates some unique wildlife viewing opportunities. To learn more about how to safely view wildlife, please visit their Wildlife Viewing page at www.nps.gov/romo/plan-yourvisit/wildlife_view.htm.

Rocky Mountain National Park has six live webcams located at Alpine Visitor Center, Kawuneeche Valley, Glacier Basin Campground, Longs Peak, Fall River & Beaver Meadows entrances. Visit their website at www.nps.gov/romo/learn/photosmultimedia/webcams.htm.



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Seven Tips for Treating Dry Eyes

The Food and Drug Administration (FDA) recalled several brands of eye drops this year due to bacterial outbreaks and other contaminants. The FDA issued recall notices for eye drop manufacturers Pharmedica and Apotex, citing contamination concerns. At least 55 cases were reported, which resulted in vision loss, hospitalization and one death.

We wouldn't blame you if the recent bacterial outbreak linked to several brands of over-the-counter eye drops has stopped you from using them. But eye experts would urge you to reconsider. "I definitely still recommend eye drops every day and take them myself for dry eye," says Christopher Starr, M.D., a spokesperson for the American Academy of Ophthalmology and an associate professor of ophthalmology at Weill Cornell Medicine.

The fact is eye drops are one of the most effective remedies for dry eye. For a mild case, over-the-counter eye drops may be all you need, although your eye doctor can offer more treatment options. Here's your step-by-step guide to getting relief.

When your eyes are working correctly, they will constantly produce tears that keep the surface of the eye moist and comfortable. When you have dry eye, you either don't produce enough tears or your tears evaporate too quickly because your oil glands are clogged. Left untreated, dry eye can lead to an infection, damage to your cornea or vision loss. An eye doctor can diagnose what's causing your symptoms.

Common causes of dry eye include: medications such as antidepressants, blood pressure drugs and sleep aids; laser, or refractive, eye surgery; age-related hormonal changes, including menopause; autoimmune conditions; contact lenses; clogged ducts; & smoking or exposure to secondhand smoke. Here are seven tips for treating dry eyes:

1. Try eye drops and ointments. Look for eye drops that say "lubrication" or "artificial tears," not "redness relief." Ointments and gels provide longer relief, but use only at night since they can blur vision. If you need drops more than four times a day, switch to preservative-free ones that come in single-use vials, or see your doctor for prescription drops.

2. Take a tech break. When you use a computer or tablet, position the screen below eye level, take frequent breaks and try to remember to blink. Research shows you blink about 66 percent less than normal when you're staring at a screen. Many doctors recommend stepping away every 20 minutes.

3. Unblock your oil glands. Ducts along the edges of your eyelids generate oils to keep your tears from evaporating too fast. To help keep them flowing, wash your eyelids gently with baby shampoo or an eyelid cleanser, then lay a warm, moist washcloth on your eyes for a few minutes and lightly massage your eyelids. For stubborn cases, a doctor can perform an in-office procedure that uses heat or pulsed light to unblock glands.

4. Adapt your home environment. A humidifier adds moisture to dry indoor air. Put one near your favorite chair and one near your bed when you sleep (keep the door shut).

5. Move away from blowing air. Air blowing into your eyes irritates your eyeballs and can cause tears to evaporate more quickly. A ceiling fan can dry out your eyes even while you sleep. Wear wraparound sunglasses if you go outside on a windy day.

6. Try a different type of contact lens. In most cases, contact lenses make dry eye worse. But ask your doctor about scleral lenses, which can help keep dry eyes hydrated.

7. Get your ducts plugged. A doctor can place "punctal plugs" into the tiny openings in the corner of your eye that normally drain your tears, a painless office procedure. Courtesy of AARP.

Ron Stern's Travel Series

The Many Charms of Branson, Missouri



Ron Stern

If you've never considered Branson, Missouri, as a vacation destination, you have been missing out. From world-class live entertainment to down-home country food to unbelievable attractions, this little city has it all.

Known as "The Live Entertainment Capital of the World," there are so many shows going on that you might have a hard time choosing. My suggestion is to start with The Haygoods, billed as the number-one show in Branson. This talented family puts on a light and musical extravaganza that is simply amazing!

Driving along what they call, "The Strip," you might think you are in Las Vegas. Both sides of the highway are chalk full of family-friendly attractions that rival anything you might find in a big city. This includes diversions such as a Titanic Museum, live shows, restaurants, jeep and helicopter tours, veteran's memorials, a can't-miss attraction called FlyRide and so much more.

The Downtown Historic District is great for dining and shopping. Dick's 5 & 10 is an iconic variety store operating for more than 60 years and is a popular spot for browsing their endless isles of

nostalgic merchandise.

What was formerly the Chicago Navy Pier Ferris Wheel has been relocated here. The 150-foot tall attraction rotates slowly with grand views of the Ozarks accompanied by a spectacular music and light show.

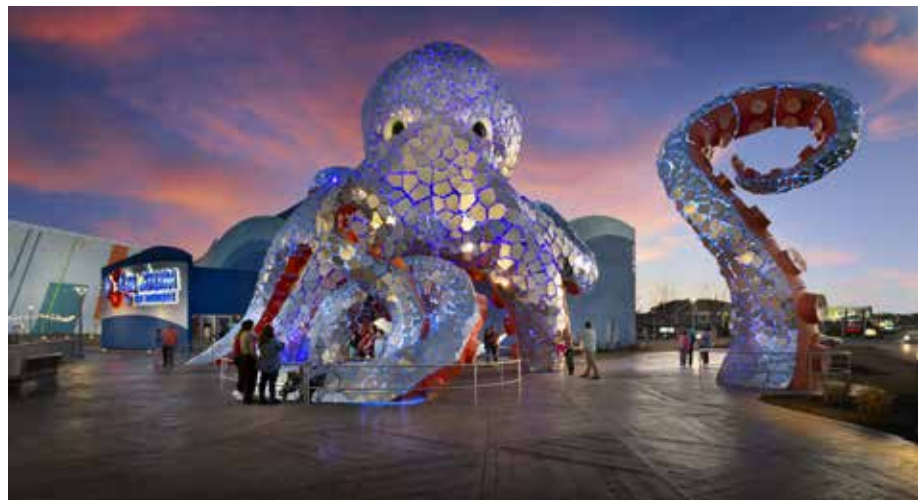
Of the 300 or so restaurants here, I really enjoyed the Farmhouse Restaurant (don't miss their blackberry cobbler.), Oscar's Famous Ribs, and the Transylvania Bakery and Cafe.

Silver Dollar City, was named America's #1 Theme Park," and is an 1880s-style theme park complete with 100 craftsmen demonstrating old-time (lost) arts. It is also where you can find top-rated adventure rides, Broadway-style shows, and food you won't find anywhere else. Think skillet dishes such as chicken and andouille gumbo over cheese grits and you will get the idea.

There are many other not to miss venues. Some of these include The Showboat Branson Belle, Aquarium on the Boardwalk, Branson Landing and The Site and Sound Theater.

This is a patriotic city that honors seniors, families and veterans. Make sure you include Branson, Missouri in your upcoming travel plans.

This was a sponsored visit, however, all opinions were honestly reviewed.



Aquarium on the Boardwalk. Photo courtesy of Branson Area Chamber of Commerce

Manufacturer of 3D Printed Homes Moving Headquarters to Colorado

Governor Polis and the Global Business Development Division of the Colorado Office of Economic Development and International Trade (OEDIT) joined the City of Greeley to announced in October that Alquist 3D (Alquist), a manufacturer of 3D printed homes and infrastructure, has selected Greeley, Colorado for expansion. The company, which created the first owner-occupied 3D-printed home in the United States, selected Colorado because of its commitment to developing affordable and attainable housing and workforce development pro-

grams.

"Colorado faces a housing supply shortage and we need action!" said Governor Polis. "Alquist 3D, which has selected Greeley for their headquarters and 79 new good-paying jobs, is bringing innovative solutions to building more quality housing and building it faster. Solving our housing crisis is all hands-on deck and innovative solutions like Alquist 3D and communities like Greeley are crucial to our success in lowering construction costs for housing and infrastructure."

In Greeley, Alquist 3D will es-

tablish a showroom and production facility where the company will robotically print 3D structures with a focus on creating lower-cost housing and infrastructure and serving economically distressed and underserved communities. Plans are already taking shape to print curb systems with integrated drainage for the City of Greeley, and the company is working closely with the Greeley-Weld Habitat for Humanity on plans to produce structures for a local housing project.

"There is nowhere else on the planet where so much is happening

all in one place to move structural 3D printing forward," Alquist Founder and Chairman Zachary Mannheimer said of Greeley and Colorado. "We're excited to have a home where all the pieces of the puzzle to commercialize this industry are coming together. We're thankful to Colorado for sharing in this vision, to Greeley for its courage and hard work throughout this process, and to local organizations like Aims Community College and the Greeley-Weld Habitat for Humanity for their early partnership."

City of Greeley Active Adult Center Calendar

City of Greeley Active Adult Center Calendar

The Active Adult Center (AAC) in Greeley offers visitors a chance to connect with friends, make new ones, and participate in a variety of activities, educational classes, sports, and travel opportunities. Our members enjoy discounts on events, classes, and programs, so join today!

Upcoming Events and Classes

Email Computer Class

Monday, November 6 | 9-10 a.m.
Don't have an email? Come and learn how to set up your personal email account. We will have guided step by step hands on instructions.

Registration deadline: November 3
Fee: \$2 member, \$7 non-member

Woodshop Scroll Bowls

Monday & Tuesday, November 6 & 7 | 9 a.m. – 12 p.m.

This is a multi-day class in which participants will be required to do most of the work on their own time. The first day attendees will be provided with 3 practice pieces of wood and patterns allowing them to gain experience in cutting bowl blanks. On day two we will review practice pieces and offer suggestions. In addition, participants will be provided with Hardwood bowl blanks that they will cut on their own time. Instructors will be available during appointed times to help with the gluing, sanding, and finishing of the bowls.

Registration deadline: November 3
Fee: \$50 members

Veteran's Day Celebration

Tuesday, November 7

Veterans and community members are invited to our appreciation cele-

bration. The AAC staff and members want to show our thankfulness for all the ways you have served our country. Light Breakfast will be provided by Fox Run. Entertainment by Greeley Singer Citizens. All Veterans who have not had their photo taken for the wall of honor will have a chance to do so.

Registration deadline: November 7
Fee: Free but you must call 970-350-9440 to register

Book Group

Thursday, November 9 | 10-11 a.m. (2nd Thursday of each month)
Join us for a book discussion on Demon Copperhead by Barbara Kingslover. We welcome everyone even if you have not read or finished the book.

Registration deadline: November 9
Fee: Free

Caregivers Day – LINC Library

Tuesday, November 14

National Caregivers Day is traditionally celebrated on the third Friday in February, so our event is a sneak peek for Caregivers to experience before being appreciated again in February. During our event we want to educate, pamper, share resources, and appreciate caregivers who assist America's most vulnerable seniors. We care for those unpaid caregivers and know they are making a big difference in the lives of others. We invite everyone to National Caregivers Day where our program will include continental breakfast, resource tables, door prizes, Keynote Speaker (Cathy Heise Conversation host & facilitator) caregivers panel, lunch and of

course lots of pampering (massages, nails, art/music therapy, and more).
Registration deadline: November 12
Fee: Free but you must call 970-350-9440 to register

Woodshop Safety Class – Introduction

Monday, November 27 | 9 a.m. – 1 p.m.

Come and see what the AAC woodshop has to offer. The following topics will be covered: general safety procedures, individual safety procedures on the major pieces of equipment, and hands-on experience with each of the major pieces of equipment (except the lathe and router). This is required for everyone who is new to the woodshop or did not attend a safety class in the calendar year 2022. This class must be taken before they can use the woodshop or attend classes.

Registration deadline: November 22
Fee: \$20 (members only)

Woodshop Safety – Annual Review

Tuesday, November 28 | 1-4 p.m.

This class is for members who were approved to use the woodshop in 2022. The AAC requires all individuals who use the woodshop to have an annual safety review course. Participants will receive a revised safety manual and review safety procedures for the major pieces of equipment. We will also cover shop usage issues in general.

Registration deadline: November 27
Fee: \$15 (members only)

Travel Programs

Armchair Travel: Turkey

Tuesday, November 14 | 2 p.m.

A country steeped in history, over-

flowing with archaeological wonders, natural landscapes, and cultures. A small sampling of Turkish cuisine will be provided during this virtual travel program.

Registration deadline: November 13
Fee: \$10 member, \$15 non-member
Strike It Rich! Bally's Casino
Friday, November 17 | 9 a.m.
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.

Blackhawk

Registration deadline: November 3
Fee: \$20 member, \$35 non-member
Denver Center Performing Arts (DCPA): Behind the Scenes Tour
Monday, November 20 | 10 a.m.

It takes time and talent for costume designers, set builders, propmakers and technical specialists to transform a show from an idea to a living piece of art. See for yourself during this expertly guided tour. In addition to an overview of the complex and the venues, this tour will give you an insider's look at everything from set model miniatures and costumes-in-progress to up-close set pieces and props galore in the production shops of the Denver Performing Arts Center.

Registration deadline: November 6
Fee: \$40 member, \$35 non-member

Cinema Tuesday: Are You There God? It's Me, Margaret

Tuesday, November 28 | 1 p.m.
When her family moves from the city to the suburbs, 11-year-old Margaret navigates new friends, feelings, and the beginning of adolescence.

Fee: Free

Clyfford Still Museum

Wednesday, November 29 | 10 a.m.
Clyfford Still had a unique artistic vision and was unwilling to compromise it for money or recognition. Follow your own path to learn more about Still, his art, what inspired him, and see things from a new perspective.

Registration deadline: November 15
Fee: \$35 member, \$40 non-member
Get involved and stay up to date with Greeley City Council Meetings
The Greeley City Council meetings are held in-person or online on the first and third Tuesday of every month. Agendas can be found at <https://greeley-co.municodemeetings.com/>

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

50 Plus Marketplace News Crossword Puzzle

November 2023
Answers page 13

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ACROSS

- 1 Serpents
- 5 Concerned with a specific subject
- 10 Comrade
- 14 Sweetheart
- 15 Monetary unit of Nigeria
- 16 Put down
- 17 Narrow ledge
- 18 Belonging to
- 19 Changed
- 21 Inflexible
- 23 Personally neat
- 24 Very modern
- 25 In this way
- 26 Prepared with almonds
- 30 Interweave
- 35 Average
- 36 Division of a school year
- 38 Area used for sports

DOWN

- 70 Scottish Gaelic
- 71 To yield
- 72 Reposes
- 73 Network of nerves
- 1 Title of respect for God
- 2 Propagative part of a plant
- 3 Capital of Suriname
- 4 Call for the presence of
- 5 Soon
- 6 Foolish
- 7 Hello there
- 8 Mountain spinach
- 9 Call to service
- 10 Bloodsucking insect
- 11 Acquire through merit
- 12 Monetary unit of Cambodia
- 13 Whirlpool
- 20 Unit of magnetic induction
- 22 Find the sum of
- 25 Patio
- 26 Away
- 27 Feudal estate
- 28 It is
- 29 Close
- 31 Unit of energy
- 32 The earth's atmosphere
- 33 Nematocyst
- 34 Porter
- 37 Mackerel shark
- 40 Monetary unit of Romania
- 42 Norse goddess
- 45 Mine prop
- 49 Simpler
- 51 Wood sorrel
- 52 Chocolate cake
- 54 Recurring series
- 56 Heroic
- 57 To yield
- 58 Sledge
- 59 Domesticated
- 60 Hue
- 61 Staffs
- 62 The Orient
- 63 On sheltered side
- 69 Similar to

A Hungry Thief

Who can resist a plate of lasagna; not this bear. It happened in Barkhamsted, CT at the home of Helena Houlis who was away at the time, but security cameras kept watch while she was out and automatically followed the brash bruin as it wandered into the kitchen. The bear went straight to the fridge, opened the freezer and absconded with the frozen, but tasty treat. As Miss Houlis put it to reporters at WVIT-TV, "We have seen a lot of bears in the last few years, but nothing ever like this."