

Ten Prescription Drugs Medicare Will Negotiate First

The names of the first 10 Medicare drugs whose prices the federal government will negotiate directly with manufacturers were released Aug. 29. It marks the first time in history that the price of life-sustaining medications that millions of older Americans in the nation's largest health program rely upon to prevent strokes and blood clots and to treat diabetes and cancer will be subject to direct negotiation.

"This is an important first step toward finally allowing Medicare to use its purchasing power to lower drug prices," says Nancy LeaMond, AARP executive vice president and chief advocacy and engagement officer. "Medicare spends more than \$135 billion on prescription drugs every year."

Between June 2022 and May 2023, Medicare Part D spent \$50 billion on the first 10 drugs selected for negotiation. That represents 20 percent of Part D spending during that time period. These medications were used by 8.2 million Medicare beneficiaries.

In the long run, Medicare beneficiaries who often must pay a percentage of a drug's cost would benefit directly from lower negotiated prices, and the government could use the money saved to shore up Medicare's finances. Negotiations will be expanded to include additional drugs in the years ahead, which would magnify the savings.

"Letting Medicare negotiate for lower prices is a commonsense solution that will save seniors money and cut government over-spending," LeaMond says.

Here are the 10 drugs that will form the inaugural group of medications subject to negotiations between Medicare and drugmakers. Spending and number of enrollees was between June 2022 and May 2023. These include Eliquis, Jardiance, Xarelto, Januvia, Farxiga, Entresto, Enbrel, Imbruvica, Stelara, and Novolog.

Federal officials drew the list of 10 from among the 50 medications that Medicare Part D spends the most on and that are used most by beneficiaries. All but three of the

first 10 drugs are small molecule medicines. Drugmakers that decline to negotiate prices face substantial financial penalties or must stop participating in Medicare and Medicaid, the health coverage program for people with low incomes.

When Congress first added a prescription drug benefit to Medicare nearly two decades ago, the law explicitly forbade the program to negotiate drug prices with pharmaceutical companies. AARP has been one of the most outspoken advocates for changing that policy. "Medicare negotiates a lot of different services that it covers, and prescription drugs were not a part of that until now," says Leigh Purvis, AARP's prescription drug policy principal.

Medicare has tens of millions of beneficiaries and brings a lot of bargaining power to the table. Nearly 52 million Medicare beneficiaries are either enrolled in a Part D prescription drug plan or get drug coverage through their Medicare Advantage plan.

While Medicare enrollees will not feel the first effects of negotiated drug prices until 2026, experts point to several other provisions of the new law that are already beginning to save beneficiaries money. Plus, other cost-saving provisions will be rolled out between now and when the negotiated prices kick in.

In 2024, beneficiaries with high drug expenses will get a break from paying any out-of-pocket costs once they reach the so-called catastrophic phase of the Part D prescription drug benefit. Part D premiums will not be allowed to increase more than 6 percent.

The impact of this new policy will go beyond the savings to Medicare beneficiaries who take the 10 drugs on the initial negotiations list. Medicare is scheduled to choose 15 additional drugs for negotiations with prices to take effect in 2027, another 15 in 2028 and 20 more medications annually starting in 2029.

Tointon Gallery Features Greeley Artist Betony Coons

The Tointon Gallery will feature Greeley painter and muralist Betony Coons' newest body of mixed media works, "Midwestern Trees." The exhibit opens September 22 and will run through October 20, with an artist reception, concert, and artist talk set for 5-7 p.m. on October 6.

"Midwestern Trees" includes a series of tree forms and layered images that build meaning and tell stories inspired by the artist's childhood on an apple orchard in rural Kansas.

"Our house was full of wonders - puppet theaters, zip lines, tight rope walks, a functional stage," Coons said. "But it was also a place where my parents were trying to figure out how to run an orchard, take care of five kids, and make ends meet."

"Now, as a mother of four myself in Greeley, I want to share the same gifts of wonder, endless innovation, and hard work with

my own kids and the community around me. Finding ways to excavate beauty and showcase it to the world is my life's work."

Visitors to the gallery will see the layered images and iconography these modern abstractions bring to this space. "Midwestern Trees" also blossomed as a collaboration in concert with the recent musical release by the artist's husband, Tim Coons. The October 6 artist reception features an artist talk by Betony and music by Tim.

As the only city-run gallery in Greeley, the Tointon Gallery provides community members with up to 12 different exhibits each year - with opportunities to meet and ask questions of the artists.

The gallery is located at 651 10th Avenue and is open Monday - Friday, 9 a.m. to 5 p.m. and Saturday, 9 a.m. to 2 p.m. It's also open during most UCCC performances.



Artist Betony Coons

INSIDE

Online Banking

Page 2

Vaccines

Page 3

Christmas Country Western Roundup

Page 5

New Resources for Those Living With COPD

Page 8

Dirty Dozen Myths

Page 10

Estate Planning

Page 12

OCTOBER Calendar

Wednesday/4

The Weld County Area Agency on Aging presents a free resource fair "Weld Senior Symposium" from 8 am to 2 pm at the Island Grove Park Conference Center (425 N 15th Ave) in Greeley. Over 40 vendors and seven classes are available throughout the day. Lunch is included. A donation of \$10 is requested.

Thursday/5

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: wcfgs.gene@yahoo.com.

Wednesday/11

The Weld County Area Agency on Aging presents a free class on "Changing the Narrative" from 10 am to noon at the Library Innovation Center in Greeley. Join us to learn how society views older people and make changes towards them.

Every Saturday

The Greeley Farmers market located at the Union Pacific Depot at 902 7th Ave. from 8 am to noon offers a wide variety of locally grown and produced food, including fresh and in-season produce, meats, honey, bread and other baked goods, roasted chiles, and much more. Local artisans and crafters also offer great gifts and other sundries.

AARP presents free online webinars on their website at <https://local.aarp.org/virtual-community-center/>. They offer many daily webinars on various topics on nutrition, movies, exercise, finances, fraud prevention, and technology.

The Alzheimer's Assn. presents free online videos on their website at <https://training.alz.org>. They offer many classes on recognizing and dealing with Alzheimer's disease.

The Colorado Gerontological Society presents free online videos on their website at www.senioranswers.org. They offer many videos on Aging in Place series including home & healthy living, finances, fraud, & technology for seniors.

Check individual venues for current information

Calendar sponsored by:

Beyers Law

We Care

Preventing Bug Infestations at Home Can Reduce Your Anxiety

(StatePoint) A new survey reveals a pervasive fear of bugs among Americans. This is bad news considering that the average home has more than 100 kinds of bugs living in it.

According to a Proctor & Gamble survey, 71% of Americans suffer from what Zevo calls "bugxiety." Much more than a mere nuisance, many respondents confessed to extreme reactions and big emotions after a bug sighting.

But you don't have to live in fear. Here's your five-part plan for handling insects and achieving a sense of calm:

1. For round-the-clock protection, use strategically placed Zevo Flying Insect Traps in the kitchen, garage and areas where doors and windows are open and closed frequently.

2. Seal cracks around windows

and doors. It's a cost-effective, DIY project to keep bugs out.

3. Wash up after meals. Regularly sweep and vacuum to prevent crumbs.

4. Make a thick line of used coffee grinds around your home's perimeter. Not only will it naturally prevent ant invasions, it's beneficial mulch for your garden, too.

5. Apply Zevo On-Body repellent before heading outdoors for peace of mind and up to 8 hours of protection from mosquitos and ticks.

To learn more, visit zevoinsect.com or follow the conversation on Facebook and Instagram with the

#ZEVOit hashtag.

While bugs are an inevitable part of life, having a plan to handle them at home and while on the go, can help you react with less stress and fear.



Technology is Hip!

Is Online Banking Safe?



Bob Larson

Do you use online banking instead of writing checks? The number of global online banking users will exceed 3.6 billion by 2024. India is the top mobile banking country in the world. In the U.S., it is estimated 216.8 million or two-thirds of Americans use online banking, however 25% of customers prefer to still write checks. Besides banks, credit card, retail and utility companies, major corporations, payment services, and investment houses also use online banking too.

Online banking is commonly used for opening an account, paying bills, transferring funds, apply-

ing for loans, depositing checks, and viewing transaction histories. As the number of features are added to online banking, users will use more banking actions online. The reasons are faster service, easy to use, and less expensive than writing checks.

The Covid-19 pandemic accelerated the use of online banking as banking customers were forced to use online banking. After the peak of the pandemic, many customers experienced the advantages of online banking and decided to continue using them.

Online banking uses encryption to protect your data from hackers. Encryption is a process of encoding information in a way that only authorized parties can access it. The current standard for online banking encryption is 256-bit

AES, or advanced encryption standard. This is also considered "military-grade" encryption because the military uses it to protect some of their classified information. Some banks may also use other types of encryption algorithms.

Your home computer or smartphone browser includes the 256 AES encryption method to protect your banking accounts. When you access your banking account from your computer or smartphone, the banking computer tells your computer or smartphone browser to use the special encryption to protect your banking data.

This is another great use of technology in helping the human population operate more efficiently. *Bob Larson is a technologist and Marketing Director for 50 Plus!*

WINDSONG at Northridge




TREES OF JOY PROJECT!

Do you like to knit or crochet?

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!

Rocky Mountain National Park Road Closure Update

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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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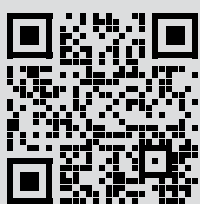
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Old Fall River Road will be closing for the season to vehicles beginning Tuesday, October 3. The road will be closed to all uses through Friday, October 6, for park staff to conduct road maintenance. Old Fall River Road will reopen temporarily to bicycles, leashed pets, and walkers from Saturday October 7, through Monday, October 9.

Starting, Tuesday, October 10, Old Fall River Road will close again to all uses for continued road maintenance through Friday, October 13. On Saturday, October 14, the road will reopen to bicycles, leashed pets, and walkers through November 30. Leashed pets and bicycles are only allowed on the road, not on side trails. On December 1, the road will revert

to trail status and bicycles and leashed pets will not be allowed on the road.

Bear Lake Road and Trail Ridge Road will be closing by the end of October or earlier if bad weather comes sooner. Call the Trail Ridge Road recorded phone line at 970-586-1222 for the latest road updates. Remember, you will need a timed entry reservation to access these areas.

Rocky Mountain National Park timed entry permit reservation system ends on October 22, 2023. To visit destinations along the Bear Lake Road Corridor or Trail Ridge Road between the hours of 5 a.m. and 6 p.m., you will need a Park Access Plus Bear Lake Road Timed Entry Permit.

For more information about Rocky Mountain National Park please visit www.nps.gov/romo or call the park's Information Office at (970) 586-1206.

New Social Determinants Of Health And Older Adults Resource

ODPHP launched the new Social Determinants of Health and Older Adults resource.

Social determinants of health (SDOH) have a big impact on our health, well-being, and quality of life — and they significantly affect our chances of staying healthy as we age. In addition, the older adult population is steadily growing: By 2040, it's expected that about 1 in 5 people in the United States will be age 65 years and older.

Public health organizations, health care providers, policymak-

ers, and partners in the public and private sectors all play a role in improving SDOH to support older adults' health and well-being. Social Determinants of Health and Older Adults takes a close look at how each of the 5 SDOH domains relates to older adults — and provides resources and actionable scenarios to help professionals working with and for this population.

Check out the new SDOH resource today and share it with your networks — and explore all the Healthy Aging resources that

support older adults' health and well-being. For example, you can:

- View relevant Healthy People 2030 objectives on the Older Adults page
- Browse the Healthy Aging Custom List
- Find evidence-based resources to support your healthy aging work

And don't forget to visit our new Healthy Aging Resources page for more helpful tips and tools!

Time to Get Your Flu, RSV, and New COVID-19 Vaccines!

Everyone 6 months and older in the United States should get an influenza (flu) vaccine every season with rare exception. CDC's Advisory Committee on Immunization Practices has made this "universal" recommendation since the 2010-2011 flu season.

There are several flu vaccine options to choose from. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional. Vaccination to prevent flu and its potentially serious complications is particularly important for people who are at higher risk of developing serious flu complications.

Also consider the RSV vaccine as it is becoming a major issue with older adults. Respiratory syncytial virus, or RSV, is a com-

mon respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. Severe infections can include bronchiolitis and pneumonia. Vaccines are available to protect older adults from severe RSV. Monoclonal antibody products are available to protect infants and young children from severe RSV.

The FDA authorized and CDC also approved newly updated formulations of COVID-19 vaccines made by Pfizer and Moderna. These vaccines protect against the COVID-19 variants that are anticipated to circulate during the 2023-2024 respiratory virus sea-

son. A limited number of providers will have availability over the next few weeks, so please check with your preferred provider and local pharmacies for more information.

Please note that due to the privatization of COVID-19 vaccines, most doctors, pharmacies, and health departments can only provide vaccines to individuals who have Medicaid, are uninsured, underinsured, or are paying out of pocket. These facilities do not accept or bill private insurance. Those who are eligible can make an appointment in the coming weeks at your local medical facilities. With An early winter expected, don't wait to get your family vaccinated!

Reflections The Lights Are Out



Martha Coffin Evans

It was a strange sensation the other night when I turned out our lights. I looked east toward our neighbor's home. I noted with sadness, no lights shown.

I realized how over these last 15 years, I had looked there in closing out the day. From my five windows, I now saw their home totally in darkness. I had become accustomed to seeing lights in their four or five windows throughout the late evening and even early morning hours.

We never talked about our late night lights. Which one of us might be working at the computer, creating art projects, studying or just reading into the evening or, even the early morning?

A spotlight affixed near their basement door had provided illumination for any four-legged interlopers wandering between our homes. That light added a sense of peace and security.

Our neighbors have shared to-
matoes, lettuce and other veggies from their garden. "Look, Ken just used his snow blower on our sidewalk," we had commented over the years. Unless he beat us to it, we returned the favor clearing his sidewalks.

During our pandemic time, we enjoyed a masked Happy Hour on their driveway. On occasion, basketball tickets were shared when we had extras along with rides to the Bolder Boulder.

I realize now this house will remain darkened as its owners have moved into a new chapter of their lives. They are in transition with their planned move to family in the Northwest.

Our neighborhood is also transitioning as we await new owners who will call this place home. We understand the snow blower has been provided for them!

Will they have lights on in the evening, early morning hours? I hope so as I settle into looking again to the east as I close out the day.

Martha (Marty) Coffin Evans, Ed.D., is a freelance writer with MACE Associates, LLC. She can be reached at itsmemartee@aol.com.

Medicare Counseling: Call 303-333-3482

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.)

- Oct. 23:** Northglenn Senior Center (Northglenn)
- 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.)

- Oct. 30:** Holly Creek Retirement Community (Centennial)
- Nov. 6:** Foothills Parks and Recreation (Littleton)

Register Online for these Virtual Meetings! (Zoom-Only)



2024 Medicare Changes

Oct. 16: 9:30 a.m. and Oct. 30: 1:00 p.m.

New to Medicare

Oct. 16: 1:00 p.m. and Nov. 13: 6:00 p.m.

Wednesday!

LUNCH & LEARN



All Virtual Meetings (Zoom-Only)

Oct. 25: 12:00 p.m. to 1:00 p.m.

Choosing a Prescription Drug Plan

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



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.

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Library Innovation Center 501 8th Ave, Greeley CO 80631

Free Parking

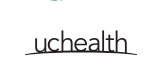
Free

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.



Area Agency on Aging, Greeley Active Adult Center, High Plains Library District, Home Instead and Pathways.





Changing How We Think About Aging in Weld County

October 11, 2023



What are your beliefs about older people and where do they come from? Why does this matter? Join us for this 90-minute interactive workshop by Changing the Narrative where you'll learn:

- How society views older people and aging and how this influences our beliefs
- How ageism impacts our health and communities
- How language reinforces negative stereotypes & how changing our stories reduces ageism
- You'll leave with concrete tips and strategies for addressing ageism.

Changing the Narrative is a strategic communications and awareness campaign to increase understanding of ageism and change how people think, talk and act about aging and ageism.

WHEN: Wednesday, October 11, 2023
from 10am - 11:30am

WHERE: LINC (Library Innovation Center)
501 8th Avenue, Greeley

REGISTER HERE:



<https://bit.ly/44P9Mdp>



Weld Area Agency on Aging Avoiding Scams



Holly Darby

According to the Federal Trade Commission (FTC), there are four signs you can look for that will tell you if it is a scam.

First, scammers will pretend to be from an organization you know. Scammers often pretend to be contacting you on behalf of the government using real names, like the FTC, Social Security Administration, IRS, or Medicare. Some pretend to be from a business you know. They use technology to change the phone number that appears on your caller ID. So, the name and number you see might not be real even if you recognize it!

Second, scammers say there's a problem or a prize. They might say you're in trouble with the government, owe money, or someone in your family had an emergency, or there's a problem with one of your accounts and you need to verify information.

Third, scammers pressure you to act immediately before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story, they might threaten to

arrest you, sue you or other similar intimidations.

And lastly, scammers tell you to pay in a specific way. They often insist that you can only pay by using cryptocurrency, wiring money through a company like MoneyGram or Western Union, using a payment app, or putting money on a gift card and then giving them the numbers on the back of the card. Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.

In order to avoid a scam(s), always block unwanted calls and text messages. Don't give your personal or financial information in response to a request that you didn't expect. Resist the pressure to act immediately. Never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service, a payment app, or a gift card. And never deposit a check and send money back to someone. Stop and talk to someone you trust, and don't be offended if they think you might be getting scammed. And finally, report scams to the FTC at ReportFraud.ftc.gov and the Colorado Attorney General at (888) 222-4444 and follow the prompts or visit <https://coag.gov/file-complaint/>.

SAVE THE DATE!



Weld Senior SYMPOSIUM

Navigating Legal Issues & Area Resources

This is an IN-PERSON Event
Wednesday, October 4, 2023

Island Grove
425 N 15th Avenue • Greeley, CO 80631

For more information:
Please Call (970) 400-6950 • www.weldseniorsymposium.org



2023 TOPICS & SPEAKERS:

SESSION 1 | 9:30AM

- Proactive Planning - Matt Meuli
- Grief and Aging - Dr. Debby Baker
- Nutrition for Older Adults - Sheila Beckley

SESSION 2 | 10:30AM

- Technology and Scams - Robert Meisner
- Contented Dementia - Cyndi Luzinski
- Caregiver Panel: Helping my Parents Age

LUNCH | 11:30AM

SESSION 3 | 12:30PM

- Last Wills and Testaments, Trusts, and Powers of Attorney - Charles Connell

Christmas Country Western Roundup Music, Song, Poetry, Fun

You will not want to miss this awe-inspiring and exciting assemblage of entertainment coming to WCP. This year it's wrapped up just like a present at Christmas-time. You'll want to be there to enjoy listening to the present being unwrapped. You'll get the feeling as though you're sitting around a campfire having a pleasant time just watching and enjoying.

Save the Date: Sunday, November 26, 2023, at 2:00 p.m. Be sure to saddle up and mosey on over to the Windsor Community Playhouse for an afternoon of genuine Cowboy & Country Western merriment. Listen to your favorite cowboy songs and easy-to-recognize country western music, even a yodeler, harmonica playing, and ex-



ceptional cowboy poetry. You'll be shouting, "Yee-Haw!"

50 Plus Marketplace News is pleased to co-host the Christmas Country Western Roundup. \$20.00 tickets go on sale Wednesday, November 1. Hurry, there's limited seating, so get your tickets right away.

Visit www.windsorcommunity-playhouse.com for more information or call WCP @ 970-674-1790.

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Greeley Housing Authority



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 Open Thursday, Friday, Saturday, Sunday

10am • 6pm

Oct 1 - 29 (Mother Nature willing)

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970-686-7225 (call during open hours)

970-576-8970 (text or leave a message)

October weekends - FREE family fun!

Conestoga Wagon Rides - Oct 7-8, 14-15, 21-22, 28-29, 1-4pm

Bunnies With Bow Ties - Oct 7-8, 1-4:30pm

Unicorn Visit - Oct 14-15, 1-4pm

Crafts & Homemade Gifts - Oct 14-15, 10am-5pm

Petting Zoo - Oct 21-22, 10am-5pm

Burro Buddies (donkey and family photos) - Oct 28-29, 1-4:30pm

Trick or Treat (come in costume) - Oct 28-29, 10am-6pm

Google "Tigges Farm" and then click website link for more things to do and see.



Tigges Farm LLC Website



Tigges Farm Facebook

Bigg Butts, Fly Me To The Moon, Summah Time, The Blue Trolley, and Slawpy Barn Food Trucks will take turns being at TIGGES FARM on October Saturdays and Sundays

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5 Facts About NTM Lung Disease

(StatePoint) Nontuberculous mycobacteria (NTM) lung disease is a serious condition that can cause permanent lung damage, even if you have no symptoms.

More than 86,000 people are likely living with NTM lung disease in the United States, and rates appear to be increasing, especially among women and older age groups.

The American Lung Association, with support from Insmad, is sharing five fast facts to help you better understand this progressive disease:

1. Treatments vary. How NTM is treated depends on the type of organism causing the infection, the severity of symptoms and your health history. Treatment of NTM lung disease varies from person to person and can last for a prolonged period of time.

2. Current guidelines. The progress of treatment will be monitored by collecting sputum samples. Once achieving a negative sputum culture, the 2020 NTM Guidelines recommend continuing your treatment regimen for 12 months post culture conversion. Because NTM lung disease can be challenging to clear from the body, it's a good idea to seek care from a pulmonologist or infectious disease specialist that specializes in NTM lung disease.

3. Side effects. Some of the medications you may be prescribed may cause side effects. It is important

to talk to your healthcare provider about possible side effects and how to manage them.

4. Clinical trials. There are clinical trials available for those living with NTM lung disease. Participating in a clinical trial supports medical advances and can help you access treatments. See if one is right for you.

5. Finding support. Having the right support while treating your NTM lung disease may help you follow your treatment plan. The Lung Association recommends patients and caregivers join the Living with Lung Disease Support Community to connect with others facing this disease. You can also ask your healthcare provider about lung disease support groups in your area, or look online for a Better Breathers Club near you. To talk to a trained respiratory professional who can help answer your questions and connect you with support, call the Lung Association's Lung Helpline at 1-800-LUNGUSA.

For more information about NTM and lung health, visit lung.org.

Everyone inhales NTM into their lungs as part of daily life. Unfortunately for some, this exposure can result in infection. Having the facts and tools you need to understand NTM lung disease can help you get the support you need.

Tips to Stay Connected During Natural Disasters

Natural disasters can occur anywhere, at any time. Having a plan to stay connected during emergencies is essential. In the midst of a natural disaster, you'll want to stay informed of local conditions and recommendations, be able to alert loved ones of your safety status, and have the peace of mind that comes with knowing you have a way to reach emergency personnel.

September is National Preparedness Month and to help ensure you stay connected during natural disasters, T-Mobile is offering the following tips to follow before and during a disaster:

Before a Disaster

- Check NOAA's National Weather Service and the National Hurricane Center to get tips and track storms.

- Ensure your disaster kit or go bag includes a list of emergency numbers, chargers and waterproof, resealable bags.

- Stay abreast of current conditions and forecasts by downloading the Red Cross and FEMA apps and by subscribing to local authorities' text alerts and social media channels.

- Enable Wireless Emergency Alerts (WEA) on your phone. WEA is a public safety notification system that enables authorized agencies to send messages to those with capable wireless devices alerting them of emergencies in their area.

- Check the T-Mobile Newsroom for the latest information on the wireless service provider's

emergency response. Companies like T-Mobile have emergency response teams working to ensure they are ready to keep communities, first responders and individuals connected when it's needed most.

During a Disaster

- Be ready for power outages and other interruptions. Keep your mobile devices fully charged and enable your phone's battery-saving mode and dark mode to conserve charge.

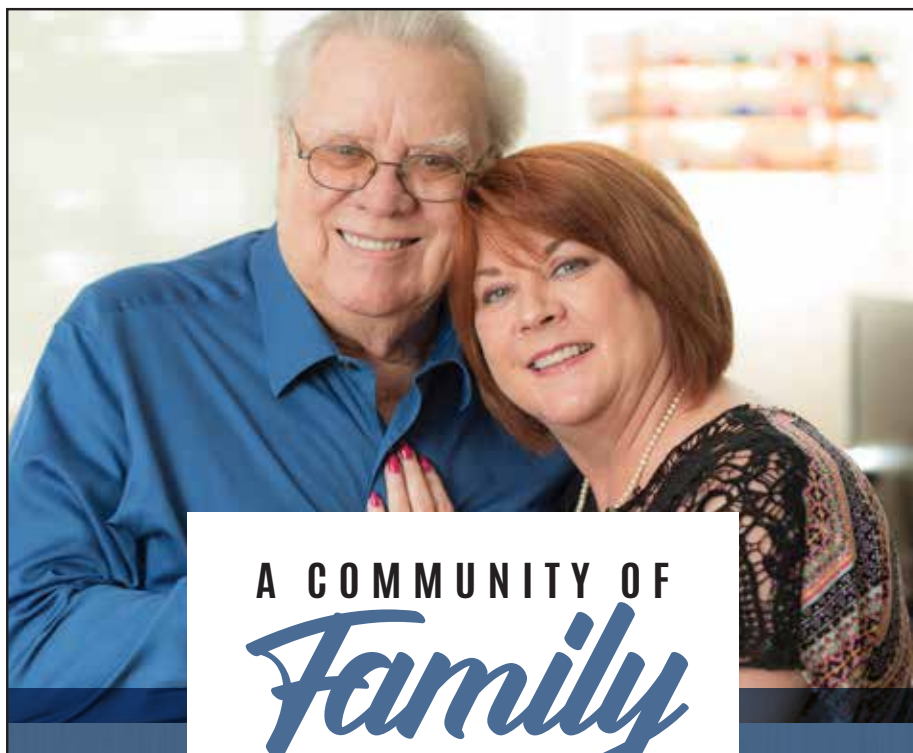
- Keep calls (and all device usage) to a minimum and make conversations as brief as possible. Or, consider sending text messages instead. During times of congestion, texts are more likely to go through than calls.

- Have a charged portable power bank for your phone handy as back-up.

- Ensure you have a way to make important calls should regular cellular coverage be limited or unavailable. For example, if you are a T-Mobile customer, you can set up Wi-Fi Calling to do so. If you call 911 using Wi-Fi Calling, give the operator your address.

Natural disasters are on the rise in the United States and globally, making it important to be prepared. As part of your planning, be proactive about ensuring you have a way to stay connected, informed and in touch with those who matter most to you, come what may.

(State Point)



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Sharing the Wealth

Oregon State Police could have charged Colin Davis McCarthy with littering when he was caught tossing wads of cash out the window while driving on Interstate 5 near the city of Eugene, OR recently. Traffic came to a screeching halt and drivers behind him got out of their cars and scooped up as many of the estimated 2,000 hundred dollar bills as they could get

their hands on. The cops said they searched the roadway for leftover cash but they couldn't find any. Nonetheless, the next day would-be treasure-hunters could be seen searching the area for any leftover bills. McCarthy is said to have told the police that he and his family were "doing well and wanted to bless others with gifts of money." AMAC

New Resources for Those Living With COPD

(StatePoint) Chronic obstructive pulmonary disease (COPD), a long-term lung disease that includes bronchitis and emphysema, is a leading cause of disability and death in the United States. More than 12.5 million people have been diagnosed, but millions more may have the disease without even knowing it.

Given the tremendous impact COPD has on individuals, it's no surprise that it is a significant healthcare burden in the United States. In 2019 alone, there were close to 1,320,000 emergency department visits due to COPD and close to 536,000 hospitalizations. The total economic cost of COPD in this country is close to \$50 billion each year.

COPD can impact all aspects of one's life, making basic household and personal care tasks difficult. However, there are numerous actions a person with COPD can take to feel better and reduce the

disease's impact.

Those who are newly diagnosed with COPD often have many questions about what they can do to feel better. With this in mind, the American Lung Association has launched COPD Basics, a one-hour online course that is free and open to all. Designed to improve COPD care, the course is meant for people living with COPD, their families and healthcare professionals, such as nurses, physicians and respiratory therapists.

The COPD Basics course will teach participants about COPD risk factors and prevention; recognizing the symptoms and diagnosing COPD; maintaining a high quality of life while living with a chronic disease, and the latest treatments and medications. Healthcare professionals who complete the course may be eligible to receive continuing education credits or contact hours. If you or a family member has recently been diagnosed with COPD, take the COPD Basics course at Lung.org/COPD-Basics.

There is currently no cure for COPD, but new resources can help those living with the disease manage their condition.



PHOTO SOURCE: (c) jacoblund / iStock via Getty Images Plus

Social Security Today Celebrating 88 Years Of Social Security

For 88 years, Social Security has provided income protection to millions of retirees, people with disabilities, dependents, and families that lose a wage earner. This year, we will administer more than \$1.3 trillion in benefits and payments to more than 70 million beneficiaries. In addition, we issue millions of Social Security numbers each year, maintain wage records, and more. We are proud to serve the American people every day.

To better serve you, we have prioritized our online customer experience. Our website SSA.gov makes it easier for you to find what you need. More than 180 million people visit our website every year. Whether providing service in person or online, our goal is help you understand what you may qualify

for and transition you to an application process.

We have also worked to make sure our programs, particularly Supplemental Security Income (SSI), remains accessible to the people who need it most. Last year, we launched an online tool that allows you or your representative to request an appointment to file for SSI and protect your filing date. A Social Security employee will then schedule a full interview. Find more information about SSI at www.ssa.gov/ssi/.

We remain committed to helping maintain the well-being and protection of the people we serve. We strive to ensure that every person who is eligible for or receives benefits gets them timely and accurately. That is how we help you secure today and tomorrow.

Minimizing The Risk Of Financial Abuse For People Living With Dementia

Financial crime against older Americans is a growing problem. People living with dementia are at an especially high risk of becoming victims. That's why we're committed to combatting fraud.

As their memory and other thinking skills decline, people with dementia may struggle to make financial decisions. They may not remember or report the abuse – or understand that someone is taking advantage of them. This abuse can occur anywhere – including at home or in care settings.

Victims of fraud who are 80 years and older lose an average of \$39,200 every year. Studies show that financial exploitation is the most common form of elder abuse. However, only a small fraction of these incidents are reported.

You can help protect others by learning to recognize common signs of financial exploitation and abuse, including:

- Unopened bills.
- Unusual or large purchases.
- Utilities being shut off due to unpaid bills.
- Money given to telemarketers or soliciting companies.
- Unexplained withdrawals from the person's bank account.

There are also many simple things that caregivers can do to reduce the risk of financial abuse

for people with dementia and similar conditions, like Alzheimer's. Do your best to make sure they're involved in deciding which safety measures to put into place.

- Some options include:
- Agreeing to spending limits on credit cards.
 - Signing up for the "Do Not Call" list at DoNotCall.gov.
 - Setting up auto-pay for bills instead of paying them by check.
 - Signing up to receive automatic notifications for withdrawals from bank accounts or large charges to credit cards.

- Requesting electronic bank and credit card statements and watching for unusual purchases or changes in how the person typically spends money.
- Asking credit card companies to stop sending balance transfer checks and opting out of future solicitations.
- Creating a separate account where you can keep a small, agreed-upon amount of money that the person can use for recreational activities, meals with friends, etc.

To learn more about combatting elder abuse, visit our blog at <https://blog.ssa.gov/world-elder-abuse-awareness-day-combating-injustice/>.

The Lion Gave Up

Margot Lowe and guide Witness Mathebule were on safari near the Arathusa Safari Lodge in South Africa when they came across a herd of feeding hyenas. The critters suddenly stopped eating; they sensed danger. Out came the video camera and, sure enough, a large and scary lion entered the

scene. The hyenas scattered but not fast enough for all of them to get away; one member of the herd was too slow and was singled out by the lion. But the big cat hesitated when it saw the hyena clan had turned around and was about to attack. It gave the lion's captured prey enough time to get away.



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If you or a loved one are finding it challenging to climb stairs, our motorized stair chairs are the perfect solution. We offer both curved and straight options to fit any staircase. Our Stair Chairs are designed for safe and easy mobility, giving you or your loved one the freedom to access your home with ease. Don't let stairs become a barrier to your independence. Contact us today to learn more about our Stair Chairs.

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access to different levels of your home. Our lifts are designed to be safe, reliable, and user-friendly, providing a practical solution for anyone with limited mobility.

We understand that stairs can be a major obstacle for people with mobility challenges, which is why we are excited to offer affordable ramps as a solution. Our ramps are designed to provide safe and easy access to your home and are available in a variety of sizes and styles to fit your specific needs. Our team of experts can also help you choose the right ramp for your home and install it quickly and efficiently.

Frontier Access & Mobility is committed to providing high-quality products and excellent customer service to ensure that our clients receive the best possible experience. Contact us today to learn more about how we can help you or your loved ones live independently and safely at home. Visit us online or give us a call today. Frontieraccess.com. 970-223-8267

Veterans Echoes

Cheating death

Harry Gunther was one of only 33 Marines in his company who made it through the battle of Iwo Jima when he was medically evacuated off of the island. This is out of the 250 Marines that had initially landed. This capped a harrowing two years and two months of continuously cheating death for Harry.

Between this time period when he enlisted in the Marines and when he left that God-forsaken island, he had fought in three previous battles (Roi-Nomur, Saipan, and Tinian), and had received two Purple Hearts. He had a grenade thrown at him which bounced off his helmet, had a bullet whiz by right under his chin, had a mortar land between his feet that didn't explode, and had another mortar pass just over him and kill the man behind him. These were just some of the closer calls on top



Brad Hoopes

of dealing with the stress and the dangerous, horrid living conditions found on the battlefields in the Pacific during World War II.

When asked how he thinks he managed to make it through it all, he answered, "I was sitting in my foxhole during a very intense artillery barrage on Saipan. Terrified, I began praying. As soon as I started praying, this calmness and peace came over me as if the shelling wasn't happening. That calmness remained with me through the rest of the war as I knew I would survive. I also used humor as well. That calmness and being a jokester still remains with me today."

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



Better Business Bureau

BBB Scam Alert: "Grandma, help!" Emergency scams take advantage of loved ones



Shelley Polansky

Emergency scams, sometimes called "grandparent scams," prey on the willingness of an unsuspecting, worried individual to help friends and family in need. Often, they will impersonate their targets' loved ones, make up an urgent situation, and plead for help... and money. Social media sites allow scammers to look up information and offer plausible stories. They may even incorporate nicknames and real travel plans into the con to convince their targets.

How the scam works:

Emergency scams are about a family member or friend in a dire situation. You get a call, email, or social media message from someone claiming to be a distressed family member. They may say they've been arrested while traveling overseas, or there was an accident, medical emergency, or other calamity. They provide convincing details, such as family names and school details.

A common version is the "grandparent scam," where the con artist contacts a grandparent claiming to be their grandchild and asking for money. The plea is so persuasive that the grandparent wires money to the scammer, only to find out their family member was safe

and sound later. This scam can also work in reverse, where the "grandparent" calls their grandchild pleading for help.

Recently, the FTC has warned that scammers are using voice cloning techniques to imitate the voices of loved ones. The technology enables con artists to copy the voices of persons close to you from videos they may find on social media or other sources. They can then use tools to imitate the voice of your loved one and have it appear to say whatever they wish in a call. Some voice cloning efforts may be crude, and others very sophisticated - either way, this adds to this scam's confusing and frightening aspect.

Tips to spot this scam:

Resist the urge to act immediately, no matter how dramatic the story is. Check out the story with other family and friends, but hang up or close the message and call your loved one directly. Don't call the phone number provided by the caller or caller ID. Ask questions that would be hard for an impostor to answer correctly.

Know what your family members are sharing online. You may not have control over your family's social media accounts, but familiarize yourself with what they share online.

Don't wire any money if there is any doubt about the call. If a person wires money and later realizes it is a fraud, the police must be alerted.

Rubber Duckies

The citizens of Belfast, Maine are scratching their heads for a third year in a row. This time of the year, in 2021, a lone "Giant" plastic duck made its first appearance in Belfast harbor; the word, "Joy," was written on its chest. The Joy duck and a second inflatable duck showed up last year; the second duck bore the words "Greater Joy" on its chest. This year a third Giant ducky joined the clan; it bore the words, "Greatest Joy."

Anybody know who's responsible for these joyous rubber duckies?



Weld County DA Office Community Relations Director

Greeley, CO – District Attorney Michael J. Rourke is pleased to name a new Community Relations Director for the Weld County District Attorney's Office. Erin Boyd started in her new position on 9/11/2023.

Erin joined the Weld County

District Attorney's Office after working at the Weld County Sheriff's Office in various roles. Most recently as the Civilian Administrator in Professional Standards.

Erin may be contacted at 970-400-4702 or eboyd@weld.gov

The Dirty Dozen Myths of Marketing to Older Americans

Young at heart and flush with cash, they're the tech-loving, gym-using, trend-setting, fun-seeking, fashion-shopping, car-buying, food-experimenting, ad-consuming marketer's dream, who are often ignored by businesses and sometimes society in general. These are active aging consumers who spend close to \$3 trillion annually on products and services.

In his recent webinar, Jeff Weiss, a marketing expert of older Americans over 55 (agers), defines who this target is and why they are different compared to how society portrays them. He reveals the Dirty Dozen Myths associated with agers. By crushing these myths attached to older consumers, there is a significant opportunity to change how society and businesses/ organizations see and engage the older, active adults.

Over 110 million (one-third) Americans are over age 55 today, thus by 2042, 42% of the total population will be over 55. Consumers over age 55 represent 40% of the market, while the younger Gen Y and Z consumers represent less than 18%, where most marketers target their marketing. However, most older Americans are much better informed, still have the most money, and very healthy, so why aren't the retailers focusing on these agers?

Myth #1: Marketers feel older Americans have one foot in the grave! They think most agers are not very happy from age 65 to 79. They think seniors are really depressing and don't have much to live for! Statistics prove otherwise!

Myth #2: What is Bluetooth? Agers over 55 are actually leading adopters or early majority buyers of tech devices such as high-tech hearing aids, high tech cars or SUVs, smartphones and tablets, and medical monitoring devices.

Myth #3: You can't teach an old dog new tricks! Many Agers are trying skydiving, playing pickleball (fastest growing sport with agers), and other active sports besides taking classes for many topics like genealogy and other fun hobbies.

Myth #4: Don't forget my se-

nior discount! Most agers ask for their senior discount to make their money last longer! Most retailers, restaurants, and medical facilities offer senior discounts to attract the many agers to their businesses!

Myth #5: I've fallen and can't get up! Marketers feel agers are less mobile and have more disabilities. While some single agers may stay home, couples or older friends are healthy and live it up, don't have kids to raise, and can afford a better lifestyle.

Myth #6: You look great for your age! Today's agers feel and look good, exercise regularly, don't smoke, and eat better than their younger generations!

Myth #7: You're out to pasture! Marketers feel most agers end up in nursing homes, but in reality, they rather live at home or in independent living facilities. With the reverse mortgage option, agers can live comfortably without worrying about money problems!

Myth #8: When I was your age! Marketers feel agers are disengaged from life and society. Today's agers are more engaged because they are healthy and active!

Myth #9: You're out of sight! The younger generations are critical of their older ones.

Myth #10: You're past your prime! Marketers and some businesses feel the agers are not as productive as the younger generations. Interestingly, agers' past skills and better work ethic are still welcome at many businesses.

Myth #11: You're tried and true! Even with the older skills, agers are willing to learn new methods and technologies to keep up with the new living standards!

Myth #12: Oh, to be young again! Agers are actually embracing new concepts and trying new ideas in living, having fun, and enjoying life!

In summary, today's agers feel more alive, have more fun, enjoy life, have more money, are more active than their parents were or even their grandkids. They are physically, socially, mentally, and digitally more active! For more info on this topic, visit www.ageofmajority.com.

Calling All Foodies for Amazing Culinary Experiences in Kentucky

(StatePoint) If you're vacationing in Kentucky, you'll create wonderful memories as you wind your way from one side of the Bluegrass State to the other. The question now is, what are you going to eat?

Whether you love down-home cooking or palate-pushing adventures, Kentucky has what you're looking for.

Load up on carbs after climbing and exploring the wilderness of Red River Gorge at Miguel's Pizza in Slade. For three decades, Miguel Ventura and his family have been serving nature and climbing enthusiasts with a "choose your own adventure" approach to pizza making, where you're only limited by your own imagination.

Heading west and in the mood for a snack and soda? Stop in Winchester and try one of Kentucky's favorite beverages, Ale-8-One. A ginger and citrus-flavored soft drink developed in 1926 by Winchester's own G.L. Wainscott, Ale-8-One has been refreshing Kentucky natives for generations. The company store is fully stocked and worth the trip.

Want something to go with that soda? Check out any one of 15 stops on the Beer Cheese Trail winding in and around Winchester. Those who really love the native delicacy can grab a digital beer cheese passport.

Don't leave the Lexington area without visiting any one of the nine restaurants in the Holly Hill portfolio. Owned by Lexington native and nationally-renowned chef, Ouita Michel, each one offers a unique take on local farm-to-table cuisine. Enjoy an artisan hamburger at Windy Corner. Or, go on a culinary adventure in Michel's flagship restaurant, Holly Hill Inn in Midway. There's a restaurant that suits every taste.

Continue west down Interstate 64 to Louisville and find 610 Magnolia in Oldtown Louisville. Since 2003, Chef Edward Lee has built a name for himself and his city as a

leader in boundary-pushing southern fusion cuisine that brings tastes from all over the globe. Now twenty years later with new executive chef Jeff Potter at the helm, they continue to change and improve their multi-course menu selections. The restaurant is elegant and contemporary, yet rustic, with seasonal access to an outdoor garden patio.

You can't pass through Bourbon Country without stopping by Bardstown, the "Bourbon Capital of the World". Whether you're after a unique tasting experience, a fantastic meal, or both, area distilleries have you covered.

Independent and family owned since 1936, the Willett Distillery has the best of both worlds. With tours and tastings, and an onsite restaurant offering seasonal small plates and a full cocktail bar, it's definitely a one-stop shop. History buffs should be sure to stop by Talbott Tavern, one of the oldest American bourbon bars. Since 1779, the tavern has been host to presidents, pioneers and outlaws. Now you can be a part of that history as you enjoy a cocktail and meal while taking in the old-world ambiance.

If you continue west, you'll eventually find yourself in the charming river city of Paducah. Sitting at the confluence of the Ohio and Tennessee Rivers, Paducah offers a variety of culinary options, including Kirchhoff's Bakery. This legendary establishment has been supplying the city with sweet and savory baked goods since 1873. With its downtown location, it's the perfect place to grab a loaf of fresh baked bread or a massive fried green tomato BLT as you picnic on the riverbank and watch the barges steam past.

These experiences are just the tip of the culinary iceberg in the Bluegrass State. No matter where you find yourself, you'll never be far from a great meal and an even better experience.



Pets Are Family

As the leaves change and Halloween approaches, it's essential to remember that our beloved pets need a little extra care during this spooky season. Here are some quick tips to ensure your pet's safety during the month of October and Halloween.

1) **Costume Cautions:** While dressing up your pet can be adorable, not all pets enjoy wearing costumes. Make sure the costume is comfortable and doesn't restrict their movement or breathing. Avoid masks that can obstruct their vision, and keep an eye on your pet while they're dressed up to ensure they don't chew on or ingest any costume parts.

2) **Treats, Not Tricks:** Keep Halloween candy and treats out of reach from your pets. Chocolate, artificial sweeteners (xylitol), and some candies can be toxic to animals. If your pet ingests something harmful, contact your veterinarian immediately.

3) **Safe Space:** Halloween can be noisy and chaotic thanks to parties and trick-or-treating, and this might make some pets feel stressed or anxious. Create a quiet and safe

space in your home where your pet can retreat to if they become overwhelmed. Consider using pheromone diffusers or calming music to help ease their anxiety.

5) **Keep ID Updated:** Ensure your pet's ID tags and microchip information are up to date. With the constant opening and closing of doors during trick-or-treating and parties, there's a higher risk of pets escaping. A well-identified pet is more likely to be returned safely if lost.

By taking these precautions, you can ensure that October remains a fun and safe time for both you and your furry family members. With a little extra care and attention, you can enjoy the spookiest season of the year without any scary incidents. Learn more at larimerhumane.org.

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April 26 – May 6th, 2024 \$ 1495 for 11 days,10 nights Includes, motorcoach transportation, all lodging, 18 meals(10 breakfasts,8 dinners) Tours and more!

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Help Wanted

HELP WANTED: Sales and Marketing Assistant to call on Weld County Businesses. 10 to 15 hours a week and set appointments for the Weld County edition Marketing Team. Experience helpful, but not necessary. A passion to help Seniors is a plus. Call Michael Buckley, Associate Publisher at 970-673-5918 for more details.

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

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Colorado Gerontological Society

Medicare Monday Highlights 2024 Changes



Eileen Doherty

Denver, CO. Every year, Medicare beneficiaries are encouraged to review coverage, especially drug coverage. Premiums and co-pays, health plans and prescription drug, as well as new benefits from the Inflation Reduction Act (IRA) will be the subject of Medicare Monday.

Medicare open enrollment runs from October 15 to December 7. The Colorado Gerontological Society will be offering a combination of in-person events and virtual programs.

Kick-off events will begin Monday, October 16 with both in-person events in the metro Denver area, as well as a virtual event. The Society will also be offering a series of virtual Wednesday Lunch and Learn's on topics such as enrollment in a Part D plan and the difference between Medicare Advantage (MA) and Medicare Supplement Plans.

New MA companies will be entering the market. These plans will

compete with companies already in the market with low to zero premiums, limited co-pays, and lots of additional benefits such as dental care, hearing aids, meals following a hospitalization, and product catalogs for over-the-counter drugs and other devices.

Similarly, expect changes to the Prescription Drug Plans (PDP). As MA and PDP companies prepare for changes in how the Centers for Medicare and Medicaid negotiates drug costs in 2025 with pharmaceutical companies directly to bring down the cost of ten most frequently used prescriptions, expect the MA and PDP companies to make changes of their own.

Individuals who attend in-person will be able to do comparison shopping by visiting with insurance companies to learn more about their products. Information will be available upon request for virtual attendees.

Check our ad for locations, visit senioranswers.org, or call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

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

32 Years of Service Providing Information for the 50+ Community

Elder Law Q & A

Estate Planning for Special Needs Families

August signifies National Make-a-Will Month. For the one in five families who care for children with special needs, estate planning is crucial.

Parents of a child with a disability face numerous challenges and concerns. What happens if a parental caretaker falls ill? Or what if the special needs child needs lifelong assistance?

Making a will and other important estate planning documents are among the steps you can take to help alleviate these concerns. A well-drafted estate plan can help ensure that your loved one with special needs has financial protection and continued support.

Barriers to Estate Planning

Creating a will is an integral part of planning for the future. Yet two out of three Americans have no will or estate planning document, according to Caring.com's 2023 Wills and Estate Planning Survey.

Some respondents to this survey reported that they do not have enough assets to leave behind. Others cited procrastination as the reason for avoiding estate planning. Still others expressed confusion about how to make a will.

Guardianship: Selecting Someone to Care for Your Child

In addition to creating a will, you also may wish to name someone

to become your child's guardian. You can determine who will care for your child and ensure that your child's guardian is someone you trust.

Special Needs Trust

While a will is a basic estate planning document that can help you provide for your loved one with special needs after you pass, a trust can also protect their assets.

The trust can pay for things public benefits do not cover, such as recreation and education. At the same time, a trust preserves your loved one's ability to qualify for public benefits. Setting up a special needs trust can also ensure that they receive continued support during their lifetime.

Contact a Special Needs Planning Attorney

In addition to helping you create a will, a qualified attorney can assist you with making a comprehensive estate plan. This could include executing power of attorney documents and setting up a special needs trust for your loved one. Contact a special needs planning attorney in your area today.

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



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Genealogy Rocks!



Carol Darrow

The most common reason people embark on a genealogy search is to find the story behind the facts. Sometimes that story is in census records (missing husbands) or marriage records (more than one). Newspapers are often the richest source of events in the lives of our ancestors. Something such as an obituary or burial notice can supply children's names both living and deceased, parents' names, even occupation and fraternal affiliations.

Newspaper collection services cost about \$100 a year and may seem too expensive. Often there are three-month subscriptions that will let you do the needed research in a short period of time. Every newspaper service contains different newspapers. So if you're looking for the St. Louis Post-Dispatch, you need to subscribe to Newspapers.com while those seeking San Francisco news should turn to GenealogyBank.com. Denver newspapers, both the

Denver Post and Rocky Mountain News, are digitized on GenealogyBank.com but only up to 1940.

There are free newspaper resources in some U.S. states. Colorado Historic Newspapers covers Denver news as well as up-state news from the Western Slope. Google your state of interest to discover such as Iowa Historical Newspapers. Beware of commercial tags that will take you to non-newspaper sites. If security warnings start flashing, cancel the site.

If you have a specific date, such as a death date or marriage date, you can contact the local public library which is often the repository of local newspapers. They may or may not be indexed but librarians will look up newspapers near the date you supply. This will often get you a digital copy of an obituary. This is helpful for small towns in rural counties that have not had their newspapers digitized. Happy hunting!

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

32 Years of Service Providing Information for the 50+ Community

GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



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Membership Fee

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1010 6th Street | 970-350-9440
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Ageism Matters

Walk A Mile In Someone Else's Shoes

At Changing the Narrative, we've facilitated many intergenerational conversations about ageism. Sometimes in these conversations, people go on the defense about their views. Conversations can become passionate, with participants stuck in an "us vs. them" mindset, such as Millennials versus Boomers.

It can be challenging to consider perspectives different from one's own. However, research has found that when people have constructive conversations about age it reduces our stereotypes and prejudice about other age groups.

The key to bridging generation gaps is cultivating compassion and this starts with listening to other people's experiences. Acknowledging differences between people at different stages in life can be useful for raising awareness about certain issues, but it doesn't have to be divisive.

Popular narratives play up differences between ages, pitting us against each other. We see it in advertising and entertainment, in political commentary, and from industries pushing anti-aging solu-

tions. Consider the "OK Boomer" comeback, where younger people dismiss older people, based on the idea that older generations selfishly created a world full of challenges for younger generations. In response, both sides dig in their heels.



Kris & Sara

Ideas like this lump everyone in an age group together, despite a huge range in the views of people of a similar age. They perpetuate inaccurate stereotypes and distract us from finding real solutions to our shared concerns.

We need to understand one another's perspectives in order to live and thrive together. We need to walk a mile in someone else's shoes. At Changing the Narrative, we believe this is both possible and necessary to end ageism.

Want to learn more? See our website for resources.

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

Friendly Fork Daily Menu		
September 2023		
Day	Date	Meal
Friday	1	Beef & Broccoli Stir Fry with Vegetable Brown Rice Pilaf and Side of Soy Sauce, Fresh Fruit Mix, Salted Nuts*, 1% Milk
Monday	4	*CLOSED in Honor of Labor Day*
Tuesday	5	Salisbury Steak & Mashed Potatoes with Beef Gravy, Wheat Roll with Butter, Steamed Peas, Diced Cantaloupe, 1% Milk
Wednesday	6	Beef & Pork Stew over Biscuit, Green Bean Almondine*, Banana, Chia Pudding, 1% Milk
Thursday	7	Chicken Breast with Gravy, Baked Potato with Side of Butter & Sour Cream, 3 Bean Salad, Blueberries, Molasses Cookie, 1% Milk
Friday	8	Krautburger with Side of Mustard, Potato Salad, Steamed Broccoli & Cauliflower, Cinnamon Applesauce, 1% Milk
Monday	11	Roasted Tilapia with Lemon Butter Sauce, Scalloped Potatoes, Turnip Vegetable Medley, Apple Slices, 5 Layer Dessert Bar*, 1% Milk
Tuesday	12	Chicken Parmesan over Whole Wheat Penne Pasta with Marinara, Caesar Salad, Watermelon, Chocolate Chip Cookie, 1% Milk
Wednesday	13	Hamburger on Bun with Lettuce, Onion, Tomato, Pickles, Side of Mayo, Mustard & Ketchup, Roasted Sweet Potatoes, Peas & Carrots, Pineapple, 1% Milk
Thursday	14	Beef Shepherd's Pie, Wheat Roll with Butter, Cheesy Cauliflower, Mixed Fresh Fruit, Carrot Cake, 1% Milk
Friday	15	Fried Pork Cutlet with Country Gravy, BBQ Baked Beans, Buttermilk Coleslaw, Banana, Lemon Crumb Bar, 1% Milk
Monday	18	Beef Tacos on Whole Wheat Tortillas with Cheese, Lettuce, Tomato, Side of Salsa & Sour Cream, Black Beans, Mixed Fresh Fruit, Chocolate Chip Cookie, 1% Milk
Tuesday	19	Pork Loin with Mushroom Gravy, Brown Sugar Glazed Sweet Potatoes, Beet Cucumber Salad, Fresh Fruit Mix, Ginger Pear Crisp, 1% Milk
Wednesday	20	Chicken & Dumplings, Corn Bread with Butter, Garlic Roasted Green Beans, Orange Slices, 1% Milk
Thursday	21	French Dip Sandwich with Side of Au Jus, Broccoli/ Olive/ Sundried Tomato Salad, Apple Slices, Chocolate Rice Krispy Treat, 1% Milk
Friday	22	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Wheat Roll with Butter, Corn O'Brien, Mandarin Oranges, 1% Milk
Monday	25	Chicken Salad Sandwich on Wheat with Lettuce & Tomato, Chicken Noodle Soup with Crackers, Capri Mixed Vegetables, Pear, 1% Milk
Tuesday	26	Beef Stew, Wheat Roll with Butter, Vegetable Pasta Salad, Orange Slices, Apple Crisp, 1% Milk
Wednesday	27	Austrian-Style Pork over Garlic Mashed Potatoes, Wheat Roll with Butter, Peas/ Mushrooms/ Bacon/ Onion Sauté, Mixed Fresh Fruit, 1% Milk
Thursday	28	Turkey & Cheddar Sandwich with Lettuce, Tomato, Side of Mustard & Mayo, Mandarin Orange Spinach Salad with Pumpkin Seeds*, Oil & Vinegar Dressing, Banana, Chia Pudding, 1% Milk
Friday	29	Herb Baked Chicken with Gravy, Balsamic Roasted Brussels Sprouts, Vegetables/ Black Olives/ Parmesan Pasta Salad, Grapes, Orange Vanilla Chia Pudding, 1% Milk

Nutrition content of meals is reviewed by Friendly Fork dietitian, 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?

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.



Ron Stern's Travel Series

Loveland Chocolate Festival



Ron Stern

The Loveland Chocolate Festival was held at The Ranch event complex on September 16, 2023. This year's event saw lines extending well into the parking lot with chocolate lovers waiting to sample the wares of some of the region's best chocolatiers. If you missed the event, you can still find many of the 57 represented vendors either online or at some of Northern Colorado's farmers markets.

Audacious Truffles uses no ar-

pared with condensed milk, butter and sugar that melts in your mouth. The owners of M2 The Confections love to create unique flavors that you typically don't see elsewhere. Some of the popular seasonal specialties include caramelized passionfruit and Palisade Peach caramel.



Sourcing from small farmers in Latin American countries seems like a growing trend in the industry. IXKAKAW is a woman-owned Ft. Collins business that works directly with farmers sourcing cacao that is grown in the wild. They are hand-picked and the fermented beans are then dried under the sun, sorted and roasted. They offer a variety of chocolate bars including a rare version called Macambo that uses light-colored cacao nibs, butter and sugar. The resulting delicate flavor is similar to that of white chocolate.

You can find more information about future chocolate festivals at Dana Cain Events (<https://www.danacainevents.com/>).

Story by Ron Stern (The Global Gumshoe), travelwriter01@comcast.net.



tificial colors or ingredients and prepares his truffles using a slow reduction process to intensify the flavors. The House of Stewart creates traditional Scottish shortbread, caramels and tablets. The latter is a creamy confection pre-



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Tricky Awards

It happened in Australia. Noeline Cassettari's pal, Megan Reimann, earned a Guinness World Records title for her cow's bovine tricks. Not to be outdone, Nicole showed off the tricks that her miniature horse and her pet sheep were able to do and bagged two Guinness titles. Her mini-horse, Rose, was able to do 13 tricks in sixty seconds and Beanie, the sheep, completed 11 tricks in one minute.



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Spotlight on Female Composers

Sunday, October 15, 3 p.m.
UNC Campus Commons Performance Hall

Tickets: greeleychorale.org/tickets, 970-351-4849,
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Information for the 50+ Community

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Halloween Fun Quotes!

“Candy was my whole life when I was a kid. The first ten years of my life, I think the only clear thought I had was ‘get candy.’ Family, friends, school; they’re just obstacles in the way of the candy.” — Jerry Seinfeld

“Every October I’m kidnapped and forced to scare birds at a local pumpkin patch.” — Conan O’Brien

“Halloween was confusing. All my life my parents said, ‘Never take candy from strangers.’ And then they dressed me up and said, ‘Go beg for it.’ I didn’t know what to do! I’d knock on people’s doors and go, ‘Trick or treat...no, thank you.’” — Rita Rudner

“On Halloween, the parents sent their kids out looking like me.” — Rodney Dangerfield

“When the witches go riding, and black cats are seen, the moon laughs and whispers ‘tis near Halloween.” Unknown

“Sticky fingers, tired feet; one last house, trick or treat!” — Rusty Fischer

“Nothing on Earth so beautiful as the final haul on Halloween night.” Steve Almond

“There is magic in the night when pumpkins glow by moonlight.” Unknown

“Ghosts and goblins come to play on October’s final day!” Rusty Fischer

“It’s as much fun to scare as to be scared.” Vincent Price

Now Halloween’s over, it’s time to start thinking about the next time you’re gonna annoy your neighbors — caroling.” — Ellen DeGeneres

Golden Gallery 50+ Art Show!



Golden Gallery Art Show Committee (l-r) Aaron Sanchez, Nancy Culbreath, Donnica Fagan, Sheri Lobmeyer, Holly Darby, and LeAnne Bodine. Melissa Beavers is missing from the photo due to an illness.

The recent 6th art show was a spectacular success. The show was exceptionally well-organized featuring the diverse artistic talents of the 50+ community. Attendees of the show were more than pleased with the artwork they had the opportunity to look at and appreciate. The LINC Library Innovation Center in Greeley was an ideal location for the show.

- The top 4 amateur artists were:**
- Laura Stoneman with Ancestral Quest
 - Kim Thomsen with ZZ’s Garden
 - Peggy Brada Hess with Bee Diligent
 - June Clymer Carolus with Holding America

- ART SHOW WINNERS:**
- The top 2 artists for the professional category.
- John Blake with Evening Flight
 - Daniel Augenstein with Sunset on the Water

The Golden Gallery Art Show Committee was on hand to thank everyone for coming. The 7th Art Show is even now in the planning stages.



Art show visitors enjoying the talents of the artists and enjoying refreshments too.

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

Wreath Making

Thursday October 5 | 10 a.m. - 12 p.m.

Immerse yourself in the colors and textures of autumn as we guide you through the creation of your very own captivating fall wreath. In this hands-on workshop, you'll learn the art of crafting a stunning wreath that captures the essence of the season.

Registration deadline: October 3

Fee: \$30 member, \$35 non-member

Stories from Colorado History

Thursday October 5 - December 7 | 10:30 a.m. - 1 p.m.

Whether you have lived in Colorado all your life or are a newcomer to our state, the stories of Colorado are fascinating. We'll explore the History of Colorado up through the events of WWII, including the stories of Sand Creek, Ludlow, The KKK, and Dust Bowl days. The course will include suggested readings, "Colorado Experience" video watching at home, sharing opinions and some lectures from instructor Mary Borg.

Registration deadline: October 3

Fee: \$56 member, \$61 non-member

GRASP (Greeley Retired Academic Study Program)

2nd & 4th Mondays, October 9 & 23

| 1:30-3:30 p.m.

Recent presentations included discussions about artificial intelligence, immigration, what it takes to make wooden bowls and different ways of learning, and a series about the Constitution and its Amendments. Future topics include Germans from Russia in Colorado, The Human Animal Bond, Fascism in Today's World (October 9), and Capturing Colorado Wildlife on Hidden Cameras (October 23).

Fee: \$10 member

Cooking Matters

Tuesdays, October 10 - November 14 | 10:30 a.m. - 12:30 p.m.

Join us for a hands-on six-week interactive class. Learn how to prepare healthy meals and shop on a budget. Participants will receive incentives just for attending each session.

Registration deadline: October 9

Fee: Free

Writing Your Life

Thursday October 12 - December 7 | 1-2:30 p.m.

Writing the story of your life is a class for all writers and does require each participant to write a bit each week. Instructor Mary Borg.

Registration deadline: October 11

Fee: \$56 member, \$61 non-member

What You Didn't Know

October 19 | 1-2 p.m.

Discussions on how funeral arrangements are made and how you can make an intentional plan for your family. We will be here to answer any questions you have about military benefits, cremation vs. burial, life insurance and anything related to final

wishes. Snacks and prizes provided. Call the AAC to reserve your seat 970-350-9440.

Registration deadline: October 17

Fee: Free

Woodshop Safety Class - Introduction

Monday October 30 | 1-5 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 calendar year 2022. This class must be taken before they can use the woodshop or attend classes.

Registration deadline: October 27

Fee: \$20 (members only)

Woodshop Safety - Annual Review

Tuesday October 31 | 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: October 30

Fee: \$15 (members only)

Travel Programs

Armchair Travel: Germany

Tuesday, October 10 | 2 p.m.

Join us on this simulated trip to one of the most charming and varied

countries in Europe with gorgeous half-timbered towns, spirit-lifting culture and bewitching rural scenery. Germany is sure to get you in the Oktoberfest spirit! A small sampling of German cuisine will be provided.

Registration deadline: October 9

Fee: \$10 member, \$15 non-member

Gabbie Gourmet: Chuy's

Wednesday, October 18 | 5 p.m.

Texas sized plates that won't break the bank. From "bigas yo' face" burritos to tantalizing tacos. This Tex-Mex joint is sure to hit the spot!

Location: Westminster

Registration deadline: October 4

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

Eagles Game

Friday, October 20 | 6 p.m.

Who's ready for some hockey? Your Colorado Eagles are back and ready for action as they take on the Grand Rapids Griffins in this early season match up.

Location: Loveland

Registration deadline: October 6

Fee: \$40 member, \$45 non-member

Candlelight Dinner Theater: Million Dollar Quartet

Thursday, October 26 | 5:15 p.m.

The Tony® Award-nominated musical Million Dollar Quartet is set on December 4, 1956, when an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. This musical brings that legendary December night to life with an irresistible tale of broken promises, secrets, betrayal, and celebrations that is both poignant and funny.

Location: Johnstown

Registration deadline: October 12

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

Gabbie Gourmet: The Pepper Pod

Wednesday, November 1 | 11 a.m.

The Pepper Pod Restaurant in Hudson brings a new twist to American classics. From chicken fried steak to fresh American made burgers, this mouthwatering restaurant serves em' up just like mom used to make!

Location: Hudson

Registration deadline: October 18

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

Eagles Game

Wednesday, November 8 | 6 p.m.

See the Colorado Eagles take on the Henderson Silver Knights in this midweek match up.

Location: Loveland

Registration deadline: October 6

Fee: \$40 member, \$45 non-member

Cherokee Ranch and Castle Tour

Tuesday, November 14 | 8 a.m.

Cherokee Castle's unique architecture combines aspects of the Western United States and a 1450's Scottish-style castle built in the 1920's. The Castle is home to historic collections of fine art, furnishings, and memorabilia from around the world.

Location: Sedalia

Registration deadline: October 31

Fee: \$45 member, \$50 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

October 2023
Answers page 11

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

- 1 Islamic chieftain
- 5 One of ten equal parts
- 10 Immense
- 14 Not bright
- 15 Worship
- 16 South American Indian
- 17 Small island
- 18 Objective case of I
- 19 Collection of weaponry
- 21 Sheer fabric of silk
- 23 Having a tail
- 24 Light meal
- 25 Assist
- 26 Infinite time
- 30 Stage plays
- 35 Beetle
- 36 Spawning area of salmon
- 38 Mature

DOWN

- 39 Republic in SW Asia
- 41 Unit for measuring gold
- 43 Potpourri
- 44 Source of cocoa
- 46 Animistic god or spirit
- 47 Faucet
- 48 Pertaining to the thymus
- 50 Broadcast by television
- 53 Ornamental fabric
- 55 Edge
- 56 Offensive
- 60 Rootlike
- 64 Marshy
- 65 Which satellite of Jupiter discovered by Galileo in 1610, is that planet's third largest
- 66 Drug-yielding plant
- 67 On the top
- 68 A poplar

- 70 Charge per unit
- 71 Limbs
- 72 Well-known
- 73 Small drink of liquor

DOWN

- 1 Heroic
- 2 Soft pulpy mass
- 3 State of being illiterate
- 4 Marijuana cigarette
- 5 Cap of Scottish origin
- 6 Paradise
- 7 Negative vote
- 8 Vestige
- 9 Messenger
- 10 Competed
- 11 Old Indian coin
- 12 Move off hastily
- 13 Story
- 20 Above
- 22 Devoted follower
- 25 Combine chemically with water
- 26 Decree
- 27 The Pentateuch
- 28 Annoy
- 29 Furniture wood
- 31 Fuss
- 32 Having many poles
- 33 Assumed name
- 34 Mine excavation
- 37 Matron
- 40 Vietnam
- 42 Sesame plant
- 45 Greased
- 49 The land of promise
- 51 Biblical high priest
- 52 Visor
- 54 Second largest violin
- 56 Gemstone
- 57 Restrain
- 58 Long, laborious work
- 59 Drinking vessels
- 60 Hoar
- 61 Covering for the head
- 62 Very small quantity
- 63 Hold as an opinion
- 69 Near to