

## Windsor Harvest Festival Set for September 2-4

The Windsor Harvest Festival, entering its 101st year, celebrates the end of summer with numerous events and activities, arts and crafts and commercial vendors, and much more. This year's festival runs Saturday, Sept. 2 from 6 to 9 p.m. at Boardwalk Park, 100 N. 5th St. through Sunday, Sept. 3 and Monday, Sept. 4 from 9 a.m. to 5 p.m. at Main Park, 300 Locust St.

The following are some of the events scheduled during this year's Harvest Festival:

- The festival kicks off early Saturday and Sunday morning with hot air balloon launches at 6:30 a.m. from Eastman Park, 7025 Eastman Park Dr., weather permitting.
- Saturday's events also include the 17th Annual Windsor Cruise-In Car Show from 10 a.m. to 2 p.m. Also, weather permitting, a fireworks display will hit the sky over Windsor Lake at approximately 9:05 p.m.
- Also on Saturday, the Vintage Baseball Game takes place at 11 a.m. at Eastman Park, with an additional scrimmage at 1:30 p.m.
- Sunday also includes a



Doggie Dip at Chimney Park Pool, 425 Chimney Park Dr., from 10 a.m. to 3 p.m. The cost is \$6 per dog. Dogs must be fully vaccinated, and pre-registration is required.

• Sunday events also include an Art LIVE! performance with ceramicist Christine Ginnity at Main Park from 9 a.m. to 1 p.m. Attendees will have the opportunity to engage with Ginnity, a local Windsor artist and watch the creative process of pottery in-person.

• Windsor's Movies in the Park series concludes Sunday evening with a screening of Sky High

at 8 p.m. at Eastman Park, which is free to attend.

- Live entertainment, booths, games and more continue through Sunday and Monday from 9 a.m. to 5 p.m. at Main Park.

The Town of Windsor, in conjunction with the Windsor Harvest Festival, are announcing major changes to the Harvest Festival parade route for 2023. The new route begins at its usual starting point at the intersection of 1st St. and Walnut St. The parade will travel west on Walnut St. to 3rd St.,

where it will turn to the north one block to Main St./State Hwy. 392. It will again turn west and travel along Main St. to the Windsor High School administrative parking lot, where the parade will end. The parade will begin promptly at 9 a.m. on Monday, September 4 and run until all participants have completed the route.

"It's exciting to see Windsor's biggest event of the year shift more attention to our downtown," said Windsor Mayor Paul Rennemeyer. "Our community is so beautiful and to see this parade move through such a historic corridor is really going to be special."

"We're absolutely thrilled to reveal this new parade route, carefully curated to foster a sense of unity and community pride," said Casey Johnson, Windsor Harvest Festival Chairman. "Our goal is to provide an outstanding experience for all attendees, ensuring that every moment of the parade fills hearts with joy and cherished memories."

For more information on the Windsor Harvest Festival, including a complete schedule of events, visit windsorharvestfest.com.

## A One Stop Shop Event Weld Senior Symposium 2023

Have you ever found yourself in a situation when you wished you "would have known"? The Weld Senior Symposium is the event that gathers all important information in one place! The event is back for the 9th straight year and once again it will offer helpful resources.

A dedicated planning committee works year round to provide an event for older adults and their caregivers to attend and learn about resources and hear from professionals on topics relevant to

their needs. The planning committee is so excited to announce that the Weld Senior Symposium: Navigating Legal Issues & Area Resources will be on Wednesday, October 4, 2023 from 8:30 am to 2:00 pm at the Island Grove Conference Center, 425 N 15th Avenue in Greeley.

This is your opportunity to hear from attorneys and professionals in the field. This year's topics include nutrition for older adults, grief and aging, technology and scams, proactively planning for incapacity,

contented dementia, and last wills and testaments, trusts, and powers of attorney. We are very excited to also offer a panel of professionals for caregivers and helping parents age.

More information and registration can be found at [www.weldseniorsymposium.org](http://www.weldseniorsymposium.org). Not into the internet? Then please call us and we can register you over the phone by calling (970) 400-6950. A suggested donation of \$10 will help cover the cost of lunch and event expenses that can be donated at the door.

The planning committee would like to give our sincere thank you to our event sponsors, the Weld Senior Symposium event would not be possible without you. And deep appreciation to the planning committee for the many hours they dedicate to bring vital information to our community. See you October 4, 2023!



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# SEPTEMBER Calendar

## Saturday/2 to Monday/4

The City of Windsor presents their annual Harvest Festival and parade at various locations in Windsor. Enjoy three days of fun activities including musical entertainment, car show, pie eating contest, movies, over 100 vendors and large parade. For more details, visit their website at [www.windsorharvestfest.com](http://www.windsorharvestfest.com).

## Thursday/7

AARP presents a free class on Meditation Relaxation at 11 am on Zoom. This class will teach you various sensory awareness practices and offer guided mindfulness-based meditations. Please note that you must be signed in to your AARP.org account or create an account to register for events. AARP membership is not required. You will be emailed a link to join the class via Zoom prior to the event. Please register at email: [wyaarp@aarp.org](mailto:wyaarp@aarp.org).

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](mailto:wccgs.gene@yahoo.com).

## Friday/8

Erie Senior Center & Weld County Area Agency on Aging presents a resource fair at the Erie Community Center from 10 am to 2 pm. Event includes keynote speaker Kari Knutson offers a heartfelt and humorous presentation to help you thrive through life's changes, classes with panelists, vendors with beneficial info, lunch, & door prizes. Please register at 303-926-2795.

## Tuesday/12

AARP presents a free program on "Targeted in a Scam? Find Virtual Support on Zoom at 10 am. Join us regularly for a discussion and Q&A on scam-prevention strategies and how to protect yourself and your loved ones from fraud. Please note that you must be signed in to your AARP.org account or create an account to register for events. AARP membership is not required. Please do not opt out of event-related email, as you will be emailed a link to join the discussion via Zoom prior to the event. Please register at email: [maaarp@aarp.org](mailto:maaarp@aarp.org).

Check individual venues for current information

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## Technology is Hip!

### 3D Printed Bones Replaces Worn Body Parts



**Bob Larson**

In the U.S., orthopedic surgeons replace 2.2 million shoulders, hips, and knee joints annually using titanium parts, which are expensive and sometimes cumbersome during surgery. A recent Science World TV program showed a Northwestern University research team led by Professor Ramille N. Shah since 2016 has developed a 3D printable synthetic bone implant that rapidly induces bone regeneration and growth. This hyperelastic synthetic bone material, the shape of which can be easily customized, one day could be especially useful

for the treatment of bone defects in children or bone replacement parts in adults.

The 3D printed biomaterial is a mix of hydroxyapatite (a calcium mineral found naturally in human bone) and a biocompatible, biodegradable polymer that is used in many medical applications.

One of the biggest advantages is the end product can be customized to the patient. In traditional bone transplant surgeries, the bone after it's taken from another part of the body has to be shaped and molded to exactly fit the area where it is needed. Using Shah's synthetic material, physicians would be able to scan the patient's body and 3D print a personalized product. Alternatively, due to its mechanical properties, the biomaterial also

can be easily trimmed and cut to size and shape during a procedure. Not only is this faster, but also less painful compared to using autograft material. Orthopedic surgeons have been patiently waiting for this new technology.

More recently, researchers from Northwestern University and the University of Illinois at Chicago have used 3D printed hyperelastic bone to regenerate skull defects in rats. The results could eventually lead to the development of a much needed cost-effective solution for craniofacial bone grafts.

This is another great use of technology for replacing defective or worn bone parts.

*Bob Larson is a technologist and Marketing Director for 50 Plus.*






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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!



## CONTACT

### How To Reach Us

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#### 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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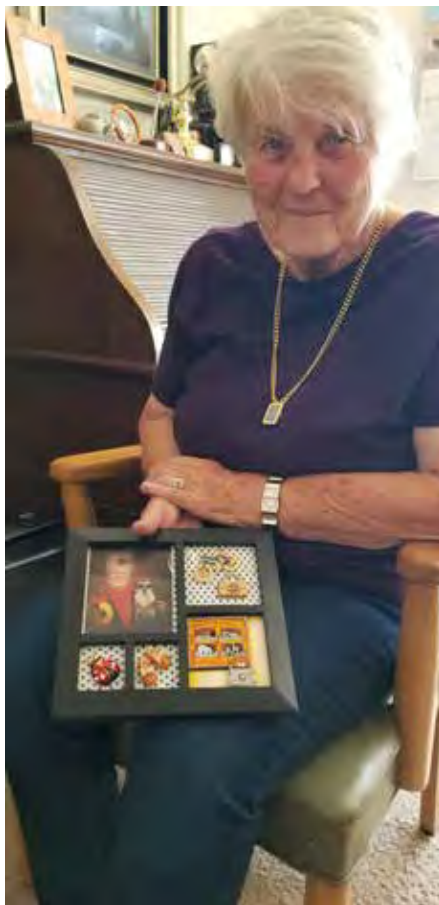
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## What is ticking with Judy?



That question was answered easily by Judy Olson from Severance, Colorado. The ticking was coming from one or more of several hundred watches she has in her collection which has been going on for over forty years. Watches just caught and continue to catch her fancy.

Judy's watch collection is tucked away in specially designed cabinet drawers. They are arranged by color. Mickey Mouse watches represent a special part of the collec-

tion.

Judy mentioned one time she took five watches in for batteries to be replaced and asked what the cost would be. The Jeweler responded by saying "No charge at all. The watches are wind up."

Judy's interests extend beyond watches. She is highly creative and talented when it comes to discard keys, buttons, crystal, cups & saucers, many of which ended up as unique creations and gifts.

Personally, I have been a benefactor of such gifts. Prized possessions they are. Prized too, in the hands of her many friends and even some folks she doesn't even know. Visits to senior communities are frequently on her "Things to do" list. She finds pleasure in

volunteering her time.

Judy's folks migrated from Nebraska and homesteaded in Arnel, Colorado. She was born and raised in Denver. A native Coloradoan she is! She has a sister. She and her husband Jack live in Severance.

Their son Daryl lives in Chicago. They not too long ago celebrated their 64th Wedding Anniversary.

Towards the end of our chat, Judy shared about a few of her living life ideals: Be kind. Share. Forgive. Be happy!

Judy is pleasant to be in the company of. Just ask the Coffeehouse 29 Saturday morning group. They will tell you!

*Written By: Michael Buckley,  
Associate Publisher*



## On The Farm Fun And More Fun



We at Tigges Farm, 12404 County Road 64 1/2, Greeley (on the south side of the road only) are always trying something new. Sometimes very successfully, other times we are getting a lesson on how to do it better the next year. Some things we never change because you, our customers, so enjoy it, so they become traditions - like the free admission. We are open 10am -6pm, Thursday, Friday, Saturday, and Sunday through October.

New this year - a couple of painting classes (on canvas). Sunday, September 24, 10am to noon and 2-4pm, Pamela Tallon of

A.E.I Studio, a professional artist, will teach classes on painting sunflowers. To give it a test, family, friends, and staff had a great time in July painting sunflowers. Results - FUN!

Our lesson to learn how to do it better is our sunflower patch. Come early because we hit the weather wrong, and the seeds had to sprout through an inch of crusted soil. Many didn't make it. Tigges

Farm Facebook will let you know when the sunflowers are in bloom to be picked (the few we have in our patch) - \$1 a stem.

To officially open the pumpkin

patch, A.E.I Studio will be back October 1, at the same times, to teach a pumpkin painting class (on canvas again). You can register (either class) at the Tigges Farm, (Thurs thru Sun) or at A.E.I. 503 Main Street, Windsor (Tues thru Sat). There is a \$25 supply fee and a limit on the numbers to join in the class; so, don't wait!

Traditions are the wagon rides, bunnies, petting zoo, craft show, the unicorn - all free. For descriptions and dates of all activities go to the website, [www.TiggesFarm-LLC.com](http://www.TiggesFarm-LLC.com). But by far the biggest tradition is "roasting chilies." What would fall be like without the smell of roasting chilies? Not the same! Come see us! Call 970-686-7225 (during open hours), 970-576-8970 (text or leave a message) for further information.





## Reflections The Once And Influential Cook



**Martha Coffin Evans**

Not long ago, friends endowed a program in honor of one special lady, Cleora. She was not just any person for whom a program should be named.

You see, Cleora, or Clee as some might have called her, demanded and received respect. This highly regarded woman was the cook in our sorority house.

In my grade school years, I walked by the Alpha Phi house on my way home. I would stop to catch a whiff of baked rolls or something wonderful coming from the kitchen vents. Fast forward, little did I know I would pledge that sorority and, she would still be holding forth in the kitchen.

Young men, looking for jobs as hashers, soon learned she was the best cook in the area. Cleora was tolerant of their youthful antics in sneaking the periodically-served Smuckers jam.

In my student teaching days, I needed to leave the house before the regular breakfast time. I remember having buttered toast with her in The Kitchen. Cleora made a lasting impression on many of us. Our families and friends still make her dinner roll recipe.

The regard with which she was held could be seen when the local NAACP called her to intervene with a slovenly dressed entertainer trying to check into the "Harvey" (Harvest) House. Upon seeing this untidy fellow, she gave him a lacing down about his attire. It didn't matter to her that he was Chuck Berry!

I'm sure Cleora knew about her influence as my hasher-friend Jack dedicated his doctoral thesis to her. He and his wife are now paying her legacy forward through a dissertation award supporting students of color.

We never know where special people will enter our lives to help form us. I certainly hope we said Thank You!

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

## Weld Area Agency on Aging Colorado Mission Of Mercy Free Dental Clinic September 22 & 23, 2023



**Holly Darby**

The Colorado Mission of Mercy (COMOM) is a portable, large-scale dental clinic that is held annually in a Colorado community.

The mission of COMOM is to provide quality dental services, at no cost, to individuals of all ages who cannot afford and access dental care, eliminating dental pain, promoting oral health, creating smiles, and providing oral health education.

The 16th annual COMOM dental clinic will be held on Friday, September 22, and Saturday, September 23, 2023, in Greeley at the Island Grove Regional Park. Doors open at 6:00 am and will remain open until the clinic is at full capacity.

Patients will undergo health and dental evaluation, and will be provided with cleanings, fillings, root canals and extractions. COMOM dentists and dental lab techs will also prepare ceramic crowns, dentures, and flippers. An outpouring of nearly 200 volunteer dentists from across the state – along with hundreds of dental hygienists, assistants, lab technicians,

and a myriad of lay volunteers and other health professionals – will work in tandem with community groups and agencies to better the oral health of individuals who were in need. Dental treatment will be provided on a first-come, first-served basis. Flu shots are offered to patients and to family and friends who are with patients.

COMOM is not able to provide patients with extractions of wisdom teeth, tooth implants, nor root canal treatment of molars. Patients on blood thinners or osteoporosis medications will not have extractions. At the dental clinic, blood pressure testing will be performed on all patients, and glucose testing will be performed on patients who have a history of diabetes. Patients with blood pressure or glucose levels that are too high, cannot be treated at COMOM.

COMOM is a "no-questions-asked" clinic, and all individuals are welcomed to receive care. On average, COMOM dentists see 1,200 patients. Since 2007, COMOM has served 18,000 patients and provided \$16,000,000 in donated dental care.

For more information, contact [www.COMOM.org](http://www.COMOM.org) or call 720-648-0919.

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## Professionals For Seniors



*Professionals For Seniors (P4S) recently met for breakfast, networking, conversations, special programs, and event announcements. The get-together was hosted by The Center at Center Place in Greeley and co-hosted by AccentCare Home Health. P4S take pride in doing all they can to serve the senior community.*

## Better Business Bureau BBB Scam Alert: Protect Yourself From “Check Washing”



**Shelley Polansky**

Checkuse may be declining, but check fraud is still a serious problem. Watch out for this scam, dubbed “check washing,” which involves stealing checks from mailboxes and then altering them.

### How the scam works

You send a check in the mail as payment for a service or product. However, a few days or weeks later, you are contacted by the company you paid. They say they never received a payment. Then, you discover the check you sent has been cashed, either for the amount you wrote it for or for a much higher amount. **What happened?**

Scammers use many techniques to intercept mail, sometimes directly from your or the post office’s big blue mailbox. Scammers have even been known to sneak into post office boxes with stolen keys.

Once scammers find an envelope containing a check, they use household chemicals to “wash off” the name and amount you wrote down, replacing it with a name and dollar amount of their choice.

Usually, they use fake identities to cash the check later on. And even if no one cashes your check, you are at a much higher risk of identity theft once it’s found its way into scammers’ hands.

### How to avoid check-washing schemes

- Take advantage of electronic payment methods. That will eliminate the possibility of falling victim to check washing.

- If you must mail a check, take precautions. Drop it off at the post office using the lobby mail slot instead of leaving a check in the mailbox with the flag up.

- Put a hold on your mail. If you are going out of town, have your mail held at the post office until you return.

- Improve your mailbox security. Installing highly visible cameras near your mailbox and using a locked mailbox.

- Monitor your bank accounts carefully to ensure no one cashes a fraudulent check from your account. If you notice suspicious activity, notify your bank immediately.

- Always report check fraud. If you think your check was intercepted in the mail, let your bank know right away.

## 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:

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Greeley Housing Authority

## 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





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**Unicorn Visit**

**Burro Buddies**



**Sunflower & Pumpkin Painting** (Pre-registration supply fee)

[WWW.TiggesFarmLLC.com](http://WWW.TiggesFarmLLC.com) and then click events link for exact date and times of Agri-Tourism fun.

*Big Butts, Los Altos, The Blue Trolly Bistro and Slawpy Barn Food Trucks will take turns on October Saturdays and Sundays.*

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## Navigating Legal Issues and Area Resources

Wednesday, October 4, 2023 • 8:30am-2:00pm

Island Grove Conference Center

425 N 15th Avenue, Greeley

For More Information and Registration (970) 400-6950  
[www.weldseniorsymposium.org](http://www.weldseniorsymposium.org)

### Event Schedule

**REGISTRATION & VENDORS**  
8:30-9:30 AM

**SESSION 1:**  
9:30-10:20 am  
*Option 1*  
Proactive Planning  
Matt Meuli

*Option 2*  
Grief and Aging  
Dr. Debby Baker

*Option 3*  
Nutrition for Older Adults  
Sheila Beckley

**SESSION 2:**  
10:30-11:20 am  
*Option 1*  
Technology and Scams  
Robert Meisner

*Option 2*  
Contented Dementia  
Cyndi Luzinski

*Option 3*  
Caregiver Panel: Helping my Parents Age

**LUNCH**  
11:30 am-12:30 pm  
Lunch, Vendors, & Vaccinations Offered (Medical Card Required)

**SESSION 3:**  
12:30-1:20 pm  
Last Wills and Testaments, Trusts, and Powers of Attorney  
Charles Connell

**VENDORS**  
1:30- 2:00 PM

## Weld Senior Symposium 2023



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# Weld Senior Symposium

## Session 1: Option 1 • 9:30 am "Nutrition for Older Adults"

The presentation will discuss how to make healthy food choices to prevent or control health issues and maintain an older adult's independence. Topics include: nutrients that become a greater concern as we age and their food sources, why older adults are at an increased risk of dehydration and how to avoid it, and challenges older adults may face in achieving good nutrition and strategies to overcome the challenges.

### Sheila Beckley

Sheila has been an educator for more than ten years teaching food safety, science, and preservation; emergency preparation; and family financial management, to name a few. She has taught at Front Range Community College, Colorado State University Extension, and Weld County CSU Extension. Sheila co-leads the Nutrition and Wellbeing Work Teams, contributes to the Emergency Management Collaborative and Healthy Aging Teams, and co-writes and co-edits CSU Extension blogs and newsletters.



## Session 1: Option 2 • 9:30 am Proactive Planning: Before Decision Making and Judgment is Impaired

When someone becomes incapacitated, someone else must take control of medical, financial and property matters. While people often plan carefully for retirement and death transfers, too few thoughtfully plan for incapacity. A mistaken belief is that a power of attorney takes care of everything.

### Matt Meuli,

Attorney Matt Meuli's estate planning practice focuses on helping families enhance their lives today and secure their futures for tomorrow. As an estate planner for 30 years, Matt guides parents and grandparents through financial and legal decisions to create plans that ensure the well-being of families. His legal expertise includes family protection, wealth preservation, and values-based planning for couples, planning strategies for unmarried couples and divorced individuals, and all aspects of estate administration.



## Session 1: Option 3 • 9:30 am Grief and Aging

This presentation will acknowledge and normalize losses of "aging" such as the loss of a spouse, family members, and friends. Other grief can accumulate due to a change in life like health issues, financial difficulties, and/or loss of driving

independence, to name a few. This guided discussion allows the audience to speak to these issues and discuss how these changes have impacted their quality of life.

### Debby Baker

Dr. Baker was born and raised in Denver, Colorado. She received a Bachelor's of Arts in Social Work from Colorado State University. After serving 27 ½ years, she and her husband both retired as Colonels from the United States Air Force. While on active duty, Dr. Baker received a Master's of Science in Counseling and Guidance from the University of North Dakota. Upon retirement Debby obtained her Doctorate in Clinical Psychology and is a licensed Clinical Psychologist. She found her niche working both with seniors and with grief. She is one of the founders of the Community Grief Center.



## Session 2: Option 1 • 10:30 am Technology and Scams

This presentation will discuss the prevalence of scams and how to protect yourself and family from becoming victims of these schemes. In addition, the presentation will provide insight into how these cases are investigated and how to report.

### Robert Meisner

Robert Meisner started his career as a youth intake specialist for the Jefferson County Juvenile Assessment Center (JAC) in 2006 working to help families. He then worked as a Case Manager and Case Manager Supervisor for The Restitution Center in Greeley creating treatment plans for residents. In 2010, he became a Probation Officer for the State of Colorado with the 19th Judicial District where he supervised juvenile and adult offenders. In 2019, he became a Probation Officer Supervisor with the 2nd Judicial District in Denver. He also managed a team of Probation Officers and was the lead supervisor for Economic Crime Supervision. Robert is currently the Fraud Investigation Specialist with the City of Greeley Police Department.



## Session 2: Option 2 - 10:30 am Contented Dementia

This presentation will introduce the SPECAL® Method, an evidence-based, family-driven, positive approach to managing the disability of dementia that can bring about immediate and sustainable improvements in the quality of life of the person with dementia and everyone involved in their care. Discover the Three Golden Rules and other simple, counter-intuitive strategies to create well-being for your loved one living with dementia and yourself.

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# Weld Senior Symposium

## Cyndy Luzinski

Cyndy Hunt Luzinski is an advanced practice nurse and the first accredited **SPECAL**® (pronounced “speckle”) practitioner in North America, credentialed by the Contented Dementia Trust in England. Cyndy’s nursing background ranges from critical care to community case management. In honor of her dad, she founded and currently serves as executive director of Dementia Together, a nonprofit organization in Northern Colorado which offers education, enrichment, and hope, while cultivating joy and building stronger connections for people living with dementia, their care partners, and the community. She and her Dementia Together team advocate for community collaboration and education to make “living well with dementia” the expectation, not the exception.



### Session 2: Option 3 • 10:30 am Caregiver Panel: Helping my Parents Age

It’s a struggle when our parents are aging while also trying to help them maintain their dignity, pride, and autonomy. This presentation will provide experts from the field who will answer questions about timing, resources, approaches, and self care. The Caregiver Panel includes speakers from Home Health, Hospice, Weld County Area Agency on Aging, and a Primary Care Physician.

## Jillian Broce

Jillian is a graduate of the University of Northern Colorado with over 15 years of experience working with family caregivers. She is currently the Family Caregiver Coordinator with the Weld County Area Agency on Aging. She is passionate about the well-being of each caregiver and finding them support and respite services that they need.



## Tiffany Walters

Tiffany brings 16 years of experience in executive healthcare management and training. Her professional career spans the healthcare continuum in the acute and post-acute sectors. She has owned and operated a private pay medical and non-medical home healthcare agency and provided RN Consulting and Training for 8 years to assisted living communities, memory care communities, home health and home care agencies, hospice agencies, and she is a CDPHE approved trainer. Recently, she has been working with CareVybe to develop high quality healthcare employee training at a price that is extremely cost effective. Tiffany has served on numerous boards and committees and was an active member of the CDPHE Home Care Advisory Committee.



## Dr. Amy Mattox

Amy received her undergraduate degree in Biology from Westmont College prior to attending Loma Linda School of Medicine. She and her family have called Greeley, Colorado home since 2007, when they moved here for her residency at North Colorado Family Medicine. Amy joined Family Physicians of Greeley where she practiced OB and eventually transitioned to outpatient practice. She and her family operate Greeley Game Night at Boomer House where they host private events, public board game events, and an Airbnb. She keeps current with intermittent locum tenens work and staying up-to-date with CME, hospital credentialing, board certification and medical malpractice.



## Chasity Cole

Chasity has been an RN since 2000 and obtained her BSN from the University of Texas at Arlington in 2018. Chasity fell in love with hospice care in the last 7 years and frequently shares that it is an honor and privilege to serve people during their hospice journey. Chasity has worked in hospice as Admissions RN, Field Specialist, After Hours RN, RN Case Manager, and Clinical Director. Chasity enjoys working with and training teams of exceptional clinical professionals in hospice.



### Session 3: 12:30 pm Proactive Planning: Before Decision Making and Judgment is Impaired

#### Last Wills and Testaments, Trusts, and Powers of Attorney

The presentation will present information regarding documents such as Last Wills and Testaments, Trusts, Financial and Medical Powers of Attorney, and other advance medical directives. The discussion will also include recommendations for necessary actions to take while planning.

## Charles J. Connell

Charles Connell received his Bachelor of Arts Degree, from the University of Notre Dame in 1973, and his Juris Doctor Degree from the University of Denver in 1979. He was a County Court Magistrate in Weld County from 1988 to 1993. He is a sole practitioner in Greeley with a practice limited to Elder Law, estate planning and probate. He was the director of the Legal Services Program of the Weld County Area Agency on Aging from 1990 to 2015. He is a member of the Executive Council & a past Co Chair of the Elder Law Section of the Colorado Bar Association (2003 2005). And he has done the Ethical Considerations Chapter of the Colorado Handbook of Elder Law since 1997.



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- Life Care Center of Greeley
- TRU PACE
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- Grace Pointe Senior Care Community
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# Weld Senior Symposium 2023

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## Pets Are Family

As the kids and grandkids head back to school, our routines inevitably change, and sudden change can be difficult for our pets, regardless of species or age. We can prepare for this change by transitioning into the new routine ahead of time. Set new bedtimes, mealtimes, and exercise routines a couple of weeks in advance to help ease your pet into the change of schedule. It's also important, however, to maintain consistency where applicable.

If your young loved one has a new backpack, picks up a new instrument, or has new sports equipment, start to make positive associations with those as soon as possible, as new items can be a source of curiosity or fear. Set out the new item and give praise, treats, or other rewards as your pet comes into contact with it. If the new tuba means treats are coming, it won't be as scary when the children are tooting away.

When our pets are bored, they may display unwanted behaviors such as digging, chewing, scratching, barking, or pesky bathroom habits. Providing healthy outlets

for these behaviors helps to fill that natural need, while keeping your house and pet safe. Provide your pet with a variety of toys, opportunities for species specific play, and comfy furniture, especially when you and your children are out of the house all day.

Keep homework and project supplies out of reach. With art supplies, the Art and Creative Materials Institute (AMCI) labels products as AP (Approved Product) or CL (Cautionary Label). Use these labels as guides to avoid accidental ingestion.

We hope that your pets and children enjoy the 23/24 school year! If you need assistance with your pets' behavior, whether school-year related or not, feel free to contact our Behavior and Enrichment Team at 970.226.3647 ext. 5130, or email behaviorhelp@larimerhumane.org.



## Labor Day Quotes

**Maya Angelou**  
"Nothing will work unless you do."  
**Margaret Mead**  
"I learned the value of hard work by working hard."  
**Ralph Waldo Emerson**  
"Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it."

**Theodore Roosevelt**  
"It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things."  
**Pearl S. Buck**  
"To find joy in work is to find the fountain of youth."  
**Mark Twain**  
Thunder is good, thunder is impressive; but it is the lightning that does the work.

## TRADING POST

### Travel

**MOTOR COACH TOURS WITH DIAMOND TOURS**  
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Email or call Aleta for complete information and flyers.  
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### Cripple Creek Get-Away Wildwood Casino

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

### Niagara Falls/ Toronto

September 8 – 18th, 2023  
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### Branson Holiday Shows

November 12- 18th , 2023  
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### Caring Hands Crafters Craft Fair

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Sat. Oct. 28 – 9am to 7pm  
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### RSVP

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

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## Colorado Gerontological Society Aging In Place With Technology



**Eileen Doherty**

Denver, CO. Some embrace technology, others tolerate it, and still others hate it. While most of us can relate to these feelings whether it is the cell phone that is overly confusing, the television that won't shut off with just the click of a button, or an electric scooter that helps us do our own grocery shopping.

Sometimes technology is just convenient, but other times it allows us to live longer independently. A home that is equipped with security cameras allows someone to receive notifications when you go in and out of the house. The smart watch allows someone to send notifications when it is time to take your medications or for emergency assistance to be called if you fall and can't get up without help.

Technology is beneficial in the kitchen. A coffee pot can be set to turn off in two hours if no one has used any coffee to prevent a fire. A smart stove can be turned on and off remotely, again allowing someone to check if the stove was turned off after cooking.

Yard work can be extremely difficult for many older adults. Laying a sprinkler system with a remote control can allow you to water your lawn by using the phone app. A phone app can change the temperature in your house if getting out of a chair is difficult. Other apps can turn the lights off safely after you are in bed, rather than having to find your way to bed with a night light and risking a fall.

Technology is one of the keys to helping you stay in your home longer. Embrace it and use it. If you have questions, 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.*

## Elder Law Q & A Unwitnessed Will Ruled to Be Valid



**Bill Beyers**

The California Appellate Court holds that an unwitnessed will can be probated because extrinsic evidence and the contents of the document suggest the testator intended to create a will.

Melanie Berger was engaged to Maria Coronado. Before undergoing major surgery, Ms. Berger wrote a letter purporting to be a will, leaving everything for Ms. Coronado. Although Ms. Berger signed the letter, there were no witnesses. She emailed her fiancée to inform her about her intent to leave everything to her and said she would place the document on her chair.

The relationship ended, and a marriage never occurred. Ms. Berger became religious and expressed wanting to leave her estate to the church prior to her passing but did not create a known will. When the pastor of Melanie's church went through her personal effects, he discovered the letter at the bottom of one of her desk drawers.

Ms. Coronado attempted to probate the letter as a valid will,

and Ms. Berger's surviving sister opposed it. The trial court denied Ms. Coronado's petition to probate the proposed will, and she appealed.

When a testamentary document lacks witnesses, it may still be valid if the individual seeking to validate the will establishes by clear and convincing evidence that the testator intended it to be a will at the time of signing.

In this case, substantial evidence, including the words of the letter and external evidence, suggest that Ms. Berger intended to create a will. The letter is comprehensive, naming Ms. Coronado as the sole beneficiary and giving her full discretion over the estate. Ms. Berger used her company paper and included her Social Security number. Treating the letter like a will, she gave Ms. Coronado a copy and retained a copy for herself.

The court held the evidence and contents of the document establish a valid will.

*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](http://www.beyerslaw.com).*

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## Veterans Echoes

### Rodeo Honors Veterans And First Responders

What happens when you combine rodeo, Veterans and First Responders? You get an arena full of salt of the earth people.

The rodeo itself is already a delicious cake. The skill level and athleticism of the participants in the various events is truly incredible.

Nothing but deep respect for anyone who climbs on a horse or bull. Respect as well for the agricultural community that they represent. By showing respect to our Veterans and First Responders, planners spread a sweet frosting over this cake.

After the National Anthem was beautifully sung, a carriage carrying the Loveland Veterans Plaza committee, committed to building a site to honor Loveland's veterans, circled the arena. Further along in the program, the spotlight was on to honor three WWII veterans. Their pictures were up on the jumbo screen as their stories were told. A roaring



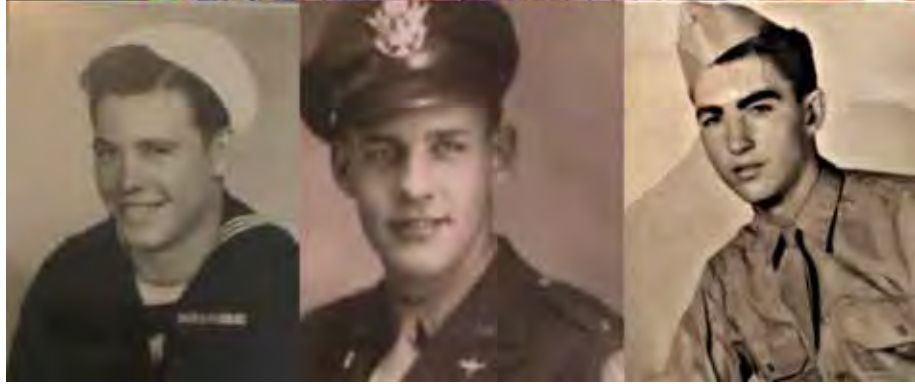
**Brad Hoopes**

applause filled the arena.

The veterans honored were Ken Calkins (96), George Norton (98), and Bill Powell (102). Ken was an aviation mechanic on B-25 bombers. He and his lovely wife Barbara celebrated their 73rd anniversary this night! George served in the Navy as a gunner. He would receive the Purple Heart and go on to serve our country for 30 years. Bill was a B-24 pilot who held his damage plane until his crew could bailout. He then bailed and became a POW.

A huge shout out to the rodeo committee for putting together a great evening and to Greeley Hat Works for making custom hats for the three veterans.

*Brad Hoopes has a passionate project of preserving veteran stories. You can watch these video interviews: [www.Youtube.com/@rememberandhonorstories](http://www.Youtube.com/@rememberandhonorstories)*



## Ageism Matters

### Ageism Awareness Day October 7

Ageism Awareness Day provides an opportunity to draw attention to the existence and impact of ageism in our society. Ageism is a globally widespread and socially accepted form of prejudice. It can be found everywhere, from our workplaces and health systems to stereotypes we see on TV, advertising and in the media. It affects people of any age and harms all.

Of course, ageism is both unfair and inaccurate, and it also does real damage to our individual health and financial security, as well as taking a toll on our economy. Ageism decreases quality of life, increases our risks for health conditions and dementia, and can shorten life spans by up to 7.5 years. It adds millions in extra health care costs and leads to lost income from age discrimination in the workforce.

But, we can do something about it and that is what Ageism Awareness

Day is all about. Changing the Narrative is part of a worldwide effort and we are calling upon everyone to take part. This can range from reading a book or watching a video about ageism, choosing to send an age-positive birthday card, attending an event, or stepping up to be a leader in your circles.



**Kris & Sara**

Learn more about what you can do in our blog at <https://www.changingthenarrativeco.org/blog> and from The American Society on Aging's Ageism Awareness Day free online toolkit at <https://www.asaging.org/ageism-awareness>

*Sara Breindel & Kris Geerken are Co-Directors of Changing the Narrative, [www.ChangingtheNarrativeCO.org](http://www.ChangingtheNarrativeCO.org), the nation's leading effort to change the way we think, talk and act about aging and ageism.*

## Genealogy Rocks!



**Carol Darrow**

September always marks the beginning of my children are long past that milestone. September is the beginning of a busy year in genealogy and it's high time you considered how you want to proceed this year.

If you're just beginning your family search, you may want to find a beginner class to get you off on the right foot. The Colorado Genealogical Society offers Genealogy 101 every month starting on September 9. You can register for this free Zoom class at [cogensoc.us](http://cogensoc.us).

If you are searching in a particular area of family research, such as immigration records or military records, you can check out the free ConferenceKeeper.org website that lists available Zoom classes held across the country.

If you've hit a brick wall in your research, you may need to focus on a particular record group and some of its twists and turns. One exam-

ple is the "missing" 1890 U.S. census. It was compiled in 1890 but all copies were destroyed in a fire in 1921. You will need to use some workarounds to overcome this loss. State censuses taken in 1885 and 1895 may help you as well as the 1890 census of former Union soldiers receiving pensions.

If you have collected lots of information, you may need to look into some organizational software such as Family Tree Maker, RootsMagic, or Legacy Family Tree. These software applications live on your own computer and give you control over developing your own family tree.

If you are interested in saving your research in a story that you can pass on to your grandchildren, consider a writing group that will help you frame your story and tell it in an interesting way. One such group is WriteNOW, also available on the CGS website, [cogensoc.us](http://cogensoc.us).

*Carol Cooke Darrow is a professional genealogist in Denver. She teaches Genealogy 101 and facilitates the WriteNOW family writing group.*

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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	<b>*CLOSED in Honor of Labor Day*</b>
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](mailto:jlike@weld.gov). Detailed nutritional values for the menu, nutrition education, and nutrition counseling can also be provided upon request.

**Need to order or cancel?**

Please call the designated meal site or the AAA nutrition hotline at 970-400-6955 by 11 am on the business day prior to the meal.



**Happy Grandparents' Day**

"Some of our greatest blessings call us grandma and grandpa" – Unknown

If nothing is going well, call your grandmother. Happy Grandparents Day!

You have shown me what it means to live a life of fun, kindness, and generosity. Happy Grandparents Day.

God couldn't be everywhere and so he made Grandparents.

"Grandfathers are just antique little boys." – Unknown

"What bargain grandchildren are! I give them my loose change, and they give me a million dollars'

worth of pleasure." – Gene Perret  
I hope your day is filled with love and laughter, Happy Grandparents Day!

"One of the most powerful handclasps is that of a new grand-baby around the finger of a grandfather."

– Joy Hargrove

"A grandparent is old on the outside but young on the inside." – Author Unknown

"A grandfather is someone with silver in his hair and gold in his heart." – Anonymous



**Chorale Announces 59th Season Of "Magnificent Music"**

Greeley, CO, August 8, 2023 -- Tickets for the 59th season of the Greeley Chorale, "A Season of Magnificent Music", are now available.

The season kicks off on Sunday, October 15 at 3 p.m. with "Spotlight on Women Composers". According to Artistic Director Dr. Galen Darrough, "the contributions of female composers through the years has been considerable, yet largely ignored. We're going to shine a light on some of these great women and their works." For the first time in its history, the Chorale will sing an entire program of chorale works by women composers such as Marianne Martinez, Emma Lou Diemer, Rosephanye Powell, Sarah Quartel and Cecilia McDowall, among others. This performance will be present at UNC Campus Commons Performance Hall.

Saturday, December 16 at 7:30 p.m. brings the beloved "Messiah" by Handel, which hasn't been performed by the Chorale since 2017. "With the pandemic interrupting things, we got off schedule of presenting "Messiah" every couple of years," Darrough explained. "We're going to make up for that this season! "Magnificent Messiah and Holiday Carols" will also include individual and group talents of Chorale members with holiday classics. This performance is also presented at UNC Campus Commons Performance Hall.

The second iteration of the Chorale's new fundraiser, "Cabaret & Cabernet", established in 2022, will be presented on Saturday, February 24, 2024. Beginning at 5:30, guests may enjoy a pre-show

reception in the lobby of Campus Commons, enjoying a variety of heavy hors d'oeuvres, wines, beer and non-alcoholic beverages, then proceed into the performance hall for the cabaret style show starting at 7 p.m. In addition, the ever-popular Silent Auction, Wine Pull and Whiskey Drawing will also be available!

"Requiem and Royalty" closes out the season on Saturday April 14, 2024 at First Congregational Church, 2101 16th Street in Greeley. The first half of the program features John Rutter's Requiem, with parts in Latin and added psalms and biblical verses in English. The second half includes music specifically composed for the coronation of England's king and queens, from 1727 up to Andrew Lloyd Webber's contribution to the coronation of King Charles III. This concert will be presented with organ and orchestra.


Tickets for all concerts are \$22 for adults, \$10 for students with ID, and \$18 each for a group of 10 or more from a single purchaser. New this year is a Season Bundle package, offering all 3 concerts for a discounted priced. Cabaret & Cabernet tickets are \$36 for Adults and \$15 for children 12 and under, and can be added to any season bundle package.

Tickets are available at 970-351-4849, through [greeleychorale.org/tickets](http://greeleychorale.org/tickets), at the UNC Ticket Office in Campus Commons or at the door.

**For More Info, Contact:**  
Dr. Galen Darrough,  
Artistic Director  
970-405-8985  
[galen.darrough@unco.edu](mailto:galen.darrough@unco.edu)



Residents of Windsor 55 Resort celebrated National Senior Citizens Day by enjoying a Root Beer Float Social sponsored by (center holding picture) Maureen Walker with Assisted Living Locators and (far left) Bryanna Smith with BrightStar Care. A good time was enjoyed by all!



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Mon-Fri 9-7, Sat 9-7  
Closed Sunday



# Balloons Bring Cheer To Community And Awareness To Child-Related Cause

Jamie Ulrich, Director of the Weld County Department of Human Services (DHS), has done a lot in her career to ensure Weld County families have access to the critical services they need. She usually does this from behind a desk or at the state level every year, gaining insight or giving feedback on legislation that impacts the services DHS provides.

But when it came to promoting Weld County foster care and helping a local nonprofit protect children from child abuse and neglect, she took an even more active and “stylish” approach, modeling a custom dress at the Big Balloon Build’s “balloon fashion show.”

“The whole thing was a great experience,” Ulrich said. “I love to support Life Stories, that’s the number one thing. Secondly, when do you ever get the opportunity

to wear a balloon dress? That will never happen to me again! That’s a once in a lifetime opportunity, truly. It was an honor to be asked.”

Ulrich and DHS have seen the work Life Stories Child and Family Advocacy does in the community firsthand and have partnered with, and supported that work, often. Prior to the Big Balloon Build, DHS assisted Life Stories with an annual Save Jane event, which served as an opportunity for community leaders to recognize those children in Weld County who’ve been victims of child abuse and neglect. That support and a willingness to help Life Stories continually promote its mission of helping children live in safe, permanent homes, made it clear that DHS had to be a part of the Big Balloon Build.

“We picked all of these people

to participate who are important to our agency, but also important to child abuse prevention and child welfare in general, which is why we picked Jamie,” said Cheryl Brown, Business and Development Manager of Life Stories. “We were excited when she said, “yes.”

Although separate entities, DHS and Life Stories share the common goal of wanting to help children, which made the Big Balloon Build the perfect event for DHS to spread the word about foster care. The Weld County foster care team occupied a booth and provided information to those in attendance about the opportunity to impact a child’s life through fostering and the role of court-appointed special advocates (CASA) in the community. Ulrich said the chance to communicate with people about fostering at such a high-profile event can be invaluable in getting them to think about opening their homes and hearts, even if the final decision to do so comes later down the road.

“It’s a really long process for people to make the decision to foster, and it’s a really important decision, so we get out in the community as much as we can,” Ulrich said. “If nothing else, our goal is to plant that seed of information.”

While there’s no guarantee that planting a seed will lead to fostering immediately, Ulrich explained that putting the possibility of fostering in people’s minds can often lead to more engagement with DHS in the future and eventual foster care placement.

What makes the Big Balloon Build unique?

Those who haven’t heard of the Big Balloon Build are not alone. The event is relatively new to the United States, and Greeley is only one of two U.S. cities to host it.

The effort began when Allison Dunning of “Balloon Art by Mery Makers,” a business based out of Greeley, heard about the Big Balloon Build two years ago and put in an application to have organizers bring the event to Greeley. The application was accepted, but Dunning had to pick a child-serving agency to be the beneficiary for the event.

“We’ve known Allison for a while as she was at NoCo WIB (Northern Colorado Women in

Business),” Brown said, explaining the impact a speech made by Life Stories Outreach Manager Sharon Eberhard had on the final decision. “Allison heard Sharon speak and she immediately went up to her afterwards and said, ‘I have a proposal for you, and I want you to be my charity.’”

The overarching goal of the Big Balloon Build was to help Life Stories — one of only 18 agencies in the country which house both a child advocacy center and a CASA program under the same roof — raise money to continue its work in preventing child abuse and neglect. Equally impactful however, were the memories created and fun had at the event. Smiles were shared and photos taken by families as they admired the balloon art on display. Seventy-five balloon artists came together to create the space-themed balloon installation made up of 125,000 balloons that filled the Welcome Center at Aims Community College. The event also featured local and nationally known music artists.

Jamie Ulrich modeling a balloon dress at the Big Balloon build.

Weld County getting the chance to work side by side with these organizations and continue a symbiotic relationship dedicated to helping children in our community was icing on a proverbial bright and colorful cake. It was an experience that Ulrich enjoyed personally and one she believes helped her and the foster care team grow their network professionally.

“It was really cool connecting with people, connecting with some of the balloon makers and the other models I met,” Ulrich said, her comments reflecting both the fun of the event along with the opportunity to introduce others to DHS. “I met a lot of people I’d never met before and a lot of leaders in the community, which was fantastic.”

If anyone’s wondering if Ulrich has found her new calling walking the runway however, well, that’s an open and shut case.

“No, I don’t think I’ll be pursuing modeling full time,” Ulrich said, laughing. “I just kind of did my thing, maybe did a couple of twirls, I don’t know. But no, I think I’ll keep my current career.”

By Dylan McConnell, Weld County Communications Specialist

## Workforce Symposium Navigates Evolving Business Landscape

The 2023 Workforce Symposium, a yearly event created through a partnership by the Employment Services of Weld County (ESWC) and Larimer County Economic and Workforce Development, will be held on Tuesday, September 26, at the Aims Community College Welcome Center in Greeley from 7:30 a.m. – 2:30 p.m.

The Workforce Symposium is targeted primarily to business owners, managers and decision makers, human resources workers and other professionals who are interested in learning valuable insights and strategic perspectives that can help navigate the ever-changing business landscape. Among the listed benefits of attending the Symposium are interactive panel discussions, networking opportunities and access to cutting-edge resources.

A variety of session topics will be covered over the course of the event including changes in HR legislation and the use of A.I. in the workplace. Experts and professionals in each of these topics will speak and lead discussions. This year’s keynote speaker is Dr. Erika Michalski, the founder of consulting company Strategically Authentic, whose work is dedicated to helping people “leverage who they are to get where they want to be.”

Lunch, coffee and snacks, and other networking opportunities are scheduled throughout.

Tickets are on sale now and can be purchased by visiting <https://www.eventbrite.com/e/2023-workforce-symposium-tickets-661388098607>. For more information on the ESWC, please visit [man-Services/Employment-Services.](https://www.weld.gov/Government/Departments/Hu-</a></p>
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Contact: Jennifer Finch, 970-336-7203

### Other Speakers:



**Dain Johnson**

“One-on-One Meetings: A Powerful Tool for Growing Your Organization”



**Kyle Majchrowski & Christine Sosnowski**

“Trust in the Hybrid Working World”



**Doug Rhoda, Desiree Rich, Sandra Jackam & Andy Yost**

“The Case for Building an In-House Internship Program”





## 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

#### Chess

Tuesdays, September 5-26 | 10 a.m. - 12 p.m.

Play for fun or join our tournaments! Beginners are welcome. U.S. Candidate Master, Brad Lundstrom, provides chess lessons for all levels.

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

#### Cross Stitch and Embroidery Group

Tuesdays, September 5-26 | 9 a.m. - 12 p.m.

Join us as we create new pieces. Patterns, cloth, and thread are provided.

Fee: Free member, \$4 drop-in fee

#### EveryDay Matters

Tuesdays, September 12 - October 31 | 1-2:30 p.m.

Learn how embracing mortality makes life richer and nudges us to become informed so we can prepare for the end we want for ourselves and our loved ones.

Registration deadline: September

11

Fee: Free

#### T'ai Chi Beginner

Thursdays, September 14 - December 14 | 10-11 a.m.

T'ai Chi is an ancient Chinese exercise. Developed by Monks, it is practiced with slow and gentle movements. Classes are taught by Fred Jennes, he has studied T'ai Chi for more than 40 years and is a qualified teacher. His goal is to offer a course that will enable you to build good health and mental focus.

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

#### T'ai Chi Advanced

Tuesdays, September 12 - December 12 | 10-11 a.m.

This is a class for students who have studied T'ai Chi previously with Fred Jennes. To attend you must have studied the 64 postures taught in the beginning class or receive permission from the instructor.

Registration deadline: September 12

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

#### Golden Gallery 50+ Art Show Opening Reception

September 20 | 4-6 p.m.

An annual exhibit promoting 50+ artists from Weld County. Event is free and open to the public. For more information, contact Sheri at

970-350-9437.

Location: LINC Library Innovation Center, 501 8th Ave., Greeley 80631

Submission deadline: August 17

Fee: \$15

#### Travel Programs

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

Friday, September 15 | 9 a.m.

Watch the Colorado Rockies compete against the Arizona Diamondbacks.

Location: Black Hawk

Registration deadline: September 1

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

#### Colorado Rapids Game

Wednesday, September 20 | 6 p.m.

Come cheer on Colorado's own Major League Soccer team as they take on the Seattle Sounders in this mid-week match.

Location: Commerce City

Registration deadline: September 6

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

#### Chile and Frijoles Festival

Friday, September 22 | 9 a.m.

This event features live entertainment, street vendors, cooking competitions, and chilies, chilies, chilies! Held in downtown Pueblo along Union Avenue, this spicy festival is going to be a hot one!

Location: Pueblo

Registration deadline: September 8

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

#### Gabbie Gourmet: Star Kitchen

Tuesday, September 26 | 10L30 a.m.

Home to some of the best Asian cuisine in Denver, Star Kitchen has everything from classic dishes like sesame chicken to delicious, steamed dumplings called dim sum. Whether you're looking to try something new or savor a favorite dish. This trip is sure to check all the boxes!

Location: Denver

Registration deadline: September 12

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

#### Elk Fest

Sunday, October 1 | 9 a.m.

The festival coincides with the famous elk rut or elk mating season. Wild elk are often easily seen in town and in nearby Rocky Mountain National Park. Enjoy live music and entertainment including an elk bugling contest and much more!

Location: Estes Park

Registration deadline: September 17

Fee: \$25 member, \$30 non-member

#### Cure Organic Farm Tour

Monday, October 9 | 9 a.m.

The opportunity to witness agriculture in action is a rarity nowadays. Experiencing where food is grown rather than watching it arrive at supermarkets is one of the pros of this farm tour. Learn about how your food is grown, harvested, and distributed to local vendors on this tour around the farm.

Location: Boulder

Registration deadline: September 25

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

#### Fort Collins Ghost Tour

Friday, October 13 | 5 p.m.

This hauntingly spectacular Ghost Tour takes you on a guided evening journey in and underneath Old Town Fort Collins. Along the way, you will learn about local legends, hauntings, ghostly sightings, and strange happenings. Join us if you dare!

Location: Fort Collins

Registration deadline: September 29

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](http://GreeleyActiveAdultCenter.com)

50 Plus Marketplace News

# Crossword Puzzle

September 2023  
Answers page 11

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#### ACROSS

- 1 Heroic
- 5 Gentle splash
- 10 Weapons
- 14 Large almost tailless rodent
- 15 Supple
- 16 Sweetheart
- 17 Image
- 18 Part of the verb "to be"
- 19 Brassard
- 21 Variety of rummy
- 23 Pad worn to protect the knee
- 24 Lyric poem
- 25 Money
- 26 Skin tumor
- 30 Experts
- 35 Period of history
- 36 Gap

#### DOWN

- 70 person that uses
- 71 Sandy tract
- 72 Captures
- 73 Transmit
- 1 Heroic
- 2 Large almost tailless rodent
- 3 Adoration of icons
- 4 Nation in N North America
- 5 Plot of ground
- 6 Capital of Peru
- 7 Near to
- 8 Military cap
- 9 Rupture
- 10 French clergyman
- 11 Harvest
- 12 Supernatural force
- 13 Floating vegetable matter
- 20 Repairs
- 22 Monetary unit of Japan
- 25 Pertaining to heat
- 26 Altar stone
- 27 Upright
- 28 Unit of electrical resistance
- 29 Emotional state
- 31 7th letter of the Greek alphabet
- 32 Inhabitant of Portugal
- 33 Tester
- 34 Glide along smoothly
- 37 Paradise
- 40 Plant juice
- 42 Affirmative reply
- 45 Lesser
- 49 Admonition
- 51 Antiquity
- 52 Phoenician of Greek myth
- 54 Cylindrical larva
- 56 Chilled
- 57 Method
- 58 Scheme
- 59 Capital of Italy
- 60 Cabbagelike plant
- 61 Egyptian goddess of fertility
- 62 Type of gun
- 63 Drove
- 69 Satisfactory
- 38 Wading bird
- 39 Devices for fishing
- 41 Given to moods
- 43 Melody
- 44 Go away
- 46 Endure
- 47 9th letter of the Hebrew alphabet
- 48 Abnormal
- 50 Not safe
- 53 Narcotics agent
- 55 Fall behind
- 56 Make better
- 60 Blessing
- 64 Influenced
- 65 Similar to
- 66 Allot
- 67 Yellow cheese coated with red wax
- 68 Garlic-flavored mayonnaise