

# 50+ ADULTS 50 Plus Marketplace

NEWS



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

April 2024 • Volume 30 • Issue 4

## Weld County AAA Renames Itself with Diverse Population Changes

Effective March 1, 2024, the Weld County Area Agency on Aging (AAA) is expanding. Coinciding with the expansion is a refreshed agency title meant to be more reflective of the diverse populations served. A re-branding campaign launched this month; the agency will now be recognized as the Home and Community Supports Division.

Weld County's AAA is unique and has historically encompassed multiple programs creating a one-stop shop for ease and convenience of community members and partners alike. The expansion retains Older Americans Act programs: Options for Long-Term Care (OLTC), Adult Protective

Services (APS) and Long-Term Care Eligibility, with the addition of the Case Management Agency (CMA). The CMA will determine eligibility and provide case management across the spectrum of Long-Term Care programs for the aging population as well as youth and adults living with disabilities.

"We're excited to rebrand our division with a name that is more comprehensive and inclusive of the diverse population we serve," said Jill Colavolpe, AAA Deputy Division Head. "We'll be maintaining the AAA name and logo within the division, specifically for the Older Americans Act programs, but Home and Community Supports will

now be designated to serve people of all ages and abilities."

More information about Home and Community Supports can be found at [www.weld.gov/Government/De-](http://www.weld.gov/Government/De-)

[www.weld.gov/Government/De-](http://www.weld.gov/Government/De-)partments/Human-Services/Home-and-Community-Supports-Division. To contact the Weld County CMA, please call (970) 400-6950 or email at [WeldCountyCMA@weld.gov](mailto:WeldCountyCMA@weld.gov).



## Greeley Shares Accomplishments, Vision at State of the City Address

Mayor John Gates delivered the 2024 State of the City address Thursday, February 29, at the Union Colony Civic Center to a crowd of over 340 community members and city leaders. The event kicked off with remarks by Greeley City Manager Raymond C. Lee III, followed by Mayor Gates' keynote, which highlighted progress made in 2023 and outlined Greeley's future challenges and opportunities.

The city's 2037 Strategic Plan – with seven focus areas – has served as a roadmap for city leaders, council, and employees as they look ahead and prepare for Greeley's future.

"These priorities are the direct result of ideas and suggestions that the City Council heard from residents in community surveys and council conversations with you all," Gates said.

Growth, economic development, public safety, and housing

took center stage for the evening as both Lee and Gates shared that Greeley's population is expected to double – from more than 100,000 to over 200,000 – by 2060.

"Those who came before us knew the importance of planning," Gates said. "We have benefited from their foresight. Likewise, we must continue to prepare for future growth today. From housing to infrastructure, and from safety to business growth, we must take purposeful steps forward with eyes to the future."

The mayor also noted that in 2023, the city was one of 17 cities across the nation selected for the "Good Jobs, Great Cities" learning network, which will help Greeley secure federal grants and further development.

The Mayor's Task Force on Homelessness – comprised of community members and stakeholders – shows community support to decrease homelessness in Greeley by 70% in four years and combat chronic homelessness.

The City Council will review findings from the Waste Diversion Study as the city recognizes the importance of sustainability and recycling options for residents. The city announced a 12-month micromobility pilot that will launch this summer.



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# APRIL Calendar

## Thursday/4

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: [wcs.gene@yahoo.com](mailto:wcs.gene@yahoo.com).

## Saturday/13

University of Northern Colorado Opera Theatre presents "L'ELISIR D'AMORE" in-person or online at 7:30 pm at the Campus Commons Performance Hall in Greeley. Adina and Nemorino are involved in a humorous and delightful love story that takes a twisting journey through true love, feigned indifference, love potions, jealousy, changing fortunes, and happy endings. Tickets range from \$15 for students to \$22 for adults. Call ticket office at 970-351-4849.

## Monday/15

IRS tax returns are due by midnight, otherwise you may have to file an extension with the IRS to prevent any penalties.

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

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

Check individual venues for current information

Calendar sponsored by:  
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*We Care*

## It's Time to Get Your COVID-19 Booster Shot!

It's spring, the season for sweet strawberries, colorful tulips, crisp vegetables, and a COVID-19 booster shot. Health experts with the U.S. Centers for Disease Control and Prevention (CDC) recently recommended an extra dose of the 2023-2024 COVID-19 vaccine for all people in the U.S. ages 65 and older.

Why? Simple. Hospitalizations and COVID-19 death rates for people who are 65 and older have been significantly higher than COVID deaths and hospitalizations among younger people over the last several months, and vaccine effectiveness is waning over time.

Health experts want to give extra protection to older people, so a committee of medical advisers to the CDC in February recommended a spring COVID-19 booster shot for everyone who is 65 and older. In addition, people who are immunocompromised also have been eligible for extra doses of the COVID-19 vaccine, said Dr. Michelle Barron, who is also a professor at the University of Colorado School of Medicine on the Anschutz Medical Campus.

At this stage of the COVID-19 pandemic, older adults are having a tougher time when they get a bad case of COVID-19. That's not surprising because immune systems in older people aren't as strong as they are in the young,

aside from younger people who are immunocompromised.

Here are some reasons why medical advisers to the CDC recommended a spring COVID-19 booster shot. More than half of people who had to be hospitalized for COVID-19 between October and December of 2023 were older than age 65, according to CDC researchers.

As people get older, the risk of dying from COVID-19 continues to rise. People ages 75 and older were much more likely to die if they contracted COVID-19 than people who were sick with COVID-19 and were 65 to 74 years old.

Fewer people of all ages have been getting the newest COVID-19 vaccines. Among people of all ages, only about 22% of U.S. adults have gotten the 2023-2024 COVID-19 vaccine, which was reformulated last year to better protect against the newest variants. Older adults have been more likely to get the newest vaccine, with about 43% of people ages 75 and older having received the newest shot, according to CDC data.

Vaccine effectiveness wanes over time, so especially for vulnerable people, it's great to give the immune system a boost in combating COVID-19 infections. "You'll want to wait at least four months since the last time you had a COVID-19 vaccine," Barron said. If you've recently gotten sick

with COVID-19, you should wait about three months.

Don't wait for the fall vaccine. Unless you've recently been sick with COVID-19, you should not wait to get a spring booster dose. If you are 65 or older, or you are immunocompromised, you should go ahead and get a booster of the 2023-2024 COVID-19 vaccine now.

Anyone who gets a booster this spring will also be eligible to get a dose of the newest COVID-19 vaccine this fall. If you're sick, stay home. If you have symptoms of an illness, don't expose others, especially vulnerable people.

Barron's bottom-line advice to her older patients and relatives is quite simple: get your spring booster dose of the COVID-19 vaccine. And, no matter your age, if you never got a 2023-2024 COVID-19 vaccine, you can still get vaccinated.

And even though vaccine effectiveness wanes over time, Barron said it's still tremendously helpful to get COVID-19 vaccines and booster shots because they significantly reduce deaths and hospitalizations. Courtesy of UCHealth.



## Governor Polis Reveals Strong Economy in the Future

In March, the Governor's Office of State Planning and Budget released its quarterly economic forecast which showed Colorado's continued economic growth. "Colorado continues to lead the nation with strong economic growth and unemployment below the national average. Our focus on continuing to strengthen our workforce and saving Coloradans money on housing, education, healthcare, and more will drive an even more dynamic economy while protecting our reserves and the financial strength of the state," said Governor Polis.

OSPB has revised up its economic growth expectations from the December forecast due to elevated

consumption in the fourth quarter of 2023. Real disposable income is positive and outpacing pre-pandemic growth as inflation is resetting more quickly. The economy is expected to avoid a contraction as consumer demand holds firm, in large part due to services spending and increased investments as the Federal Reserve begins to cut rates.

In FY 2023-24, as a result of General Fund growth expectations and Colorado's strong economy, TABOR refunds are expected to total \$1,994.8 million, a \$343.5 million upward revision from December. General Fund revenue is revised up \$308.9 million in FY 2023-24, largely a result of stronger than anticipated corporate income

revenue, with smaller upward revisions in individual income, insurance, and interest income. General Fund revenue is expected to grow 5.8 percent to \$19.1 billion in FY 2025-26 due to stable growth in income and sales revenue as the economy grows at potential GDP.



## Growing Old

It took a while, but Fred Allen Smalls finally got his diploma from the Georgetown County High School in the town of Planterville. He missed graduation when he moved to Washington, DC to help support his family. Born on February 5, 1918, he re-

cently turned 106 years of age and he is still going strong. Tamara Baker, a professor at the University of North Carolina at Chapel Hill School of Medicine, told NBC News that "it's the positive social networks — the ones that are going to influence you, or get

behind you to go to the doctor, to do the exercise, to eating properly. Even in some of the more impoverished neighborhoods, if you have that positive social network, that can go a long way."

## Healthy Weight Starts With Good Nutrition

As obesity gains broader acceptance as a serious health condition, new and advanced treatment options are becoming available to help adults reach a healthy weight and lower their health risks.

According to the Centers for Disease Control and Prevention (CDC), extra weight can increase the risk for heart disease, stroke, type 2 diabetes, and certain types of cancer.

People with obesity are also at greater risk of complications and severe illness from COVID-19. New and advanced treatment options are becoming available to help adults reach a healthy weight and lower their health risks. These options include new bariatric surgery approaches as well as safe and effective anti-obesity medications.

There's plenty of truth to the old saying: "You are what you eat." Research has long shown that the foods we consume every day have a major impact on our health and wellness. Eating a balanced, nutrient-dense diet is critical across the lifespan, helping us feel our best and reduce our risk of chronic diseases.

The U.S. Departments of Agriculture and Health and Human Services released the Dietary Guidelines for Americans 2020-

2025. Older adults have special health considerations. According to the Dietary Guidelines, they have a greater risk of developing chronic diseases and are also vulnerable to age-related conditions like osteoporosis. Here are several tips for eating healthy as an older adult:

1) Pay attention to calories. Your individual energy needs will vary according to your age, sex, height, weight, and activity level,

2) Include more fruit, vegetables, whole grains, and low-fat or fat-free dairy in your diet.

3) Limit your consumption of added sugars, saturated fat, and sodium. Flavoring foods with herbs and spices can help you lower your intake of sugars, salt, and saturated fats,

4) Consume adequate protein to help prevent the loss of lean muscle mass. Nutritious protein sources include seafood; low-fat and non-fat dairy products (including fortified soy alternatives); and beans, peas, and lentils,

5) Boost your vitamin B12 levels by eating B12-fortified foods, such as breakfast cereals.

6) Drink plenty of water to prevent dehydration. Other good beverage choices include unsweetened fruit or low sodium vegetable

juice, low-fat (or fat-free) milk, or fortified soy beverages,

7) Limit your intake of alcoholic drinks to no more than two per day if you're a man and no more than one per day if you're a woman,

8) Busy adults can subscribe to healthy meal delivery services or grocery delivery services.

The Academy of Nutrition and Dietetics has provided some helpful tips for developing healthy eating habits that can be used along with Dietary Guidelines recommendations. These include:

1) Avoid distractions while you're eating (e.g. TV or cell phone),

2) Slow down and take the time to enjoy your food,

3) Learn how to read Nutrition Facts labels on food packaging,

4) Plan healthy eating while traveling and dining out, &

5) Don't be afraid to try new foods and flavors.

Reversing obesity in America won't happen overnight, and there are a variety of treatment interventions that may be explored. However, whatever path you take good nutrition should always be an integral part of your journey

Courtesy of National Council on Aging & Centers for Disease Control and Prevention.

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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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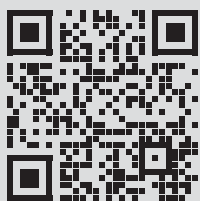
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## Elder Law Q & A

### Finding an Elder Law Attorney



Will Beyers

Elder law encompasses a wide range of legal matters that affect older individuals. Attorneys who practice elder law advocate for seniors and execute legal plans to assist them in living better lives.

Their expertise may encompass estate planning, as well as planning for retirement, Social Security, and long-term medical care. This specialty of the legal profession remains crucial for the well-being of this ever-increasing population.

Contemplating financial matters and making long-term life decisions via estate planning can be a difficult and emotional journey. Managing your assets wisely as you age is crucial as you plan to provide for the family members who will survive you.

#### What to Ask

To find an elder law attorney who is a good fit, you'll want to ask some key questions. Consider each of the following, tailoring them to pertain to your greatest concerns:

1. How long have you practiced elder law and estate planning, and how much do you charge?

2. What experience do you have drafting estate plans and navigat-

ing estates?

3. Do my circumstances warrant a revocable living trust?

4. How long will it take to execute my estate plan?

5. Will my powers of attorney have dementia-specific provisions?

6. Will my documents "ladder" successors or make use of co-agents?

7. How can I keep my critical health care documents portable?

8. What are my best options in planning for long-term care?

Keep in mind that this is not an exhaustive list. For instance, you may have questions related to other areas, such as veterans or disability benefits.



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## Technology is Hip!

### Artificial Intelligence Is Changing the World!



**Bob Larson**

At both February's annual Consumer Electronics Show in Las Vegas and March's RootsTech (annual genealogy) Conference in

Salt Lake City, Artificial Intelligence (AI) became one of their main themes. Ever since Open AI introduced their ChatGPT website in 2022, it started a new revolution in AI products for many industries. Microsoft's AI version, now called Co-pilot was featured on 60 Minutes last year followed by Google's BARD, now renamed Gemini.

Many industrial and commercial companies have added AI into their product lines for good reasons. AI makes your life simpler and can obtain results much faster than the normal web browsers or apps. However, accuracy is still a problem with some AI driven web browsers.

Although different from human intelligence on learning and decision making using creative thinking, it's getting closer! The Dept. of Defense started the AI concept back in the 1950s, then IBM upset

the gaming industry by introducing their Watson computer, which beat the two past smartest Jeopardy TV show winners in 2010. Today, Watson is used to help various industries with great success!

Today's AI is called Generative AI, which almost simulates human intelligence. It is artificial intelligence capable of generating text, images or other data using generative models, often in response to prompts. Generative AI models learn the patterns and structure of their input training data and then generate new data that has similar characteristics. So, it has some creative and decision making capabilities at the creation of using different algorithms, aka software design.

You can imagine how some software developers and CEOs are concerned about destructive behavior AI may cause and takeover some industries without human intervention. As shown in the past Star Wars movies, there will always be a concern about AI soldiers, but for now, the software developers are being careful in developing safe AI products that will benefit the world! Bob Larson is a technologist and Marketing Director for 50 Plus.

## Reflections

### I Don't Have Much Time Left



**Martha Coffin Evans**

Yikes! When my friend said that recently, actually several times, I wondered.

Did she have a diagnosis about which I knew nothing? Had she been ill and not said anything?

No, she knows as the years roll on, her physical well-being isn't what it was previously. Her awareness of her interests and ability to pursue them is smart. Maybe there's a lesson from her playbook here.

While we all have the choice of where and how we spend our time, knowing our limitations becomes very wise. That's especially true if we pay attention to what's realistic vs "want to dos."

Perhaps the organizations in which we've been involved, change their focus. That could mean, we're no longer wanted, needed as an employee or volunteer. What then?

Where will we find other places in which to become involved? Can we or, better yet, do we want to change our own focus?

If our volunteer involvements don't result in enough fulfilling opportunities, it might be a good time to look further. What other organizations have a similar focus. Might they have needs which we

could possibly fit? Adding the former and new opportunities together could just provide enough service outlets to fuel our need.

I wonder about areas in which I've thought to serve. Maybe now's the time to shift and explore one or more of them.

Although travel wasn't mentioned, years ago we were told to "travel as long as you can, as far as you can, as long as your legs hold out." We've taken that sage advice. What good is that Bucket List if you, your family members or friends are no longer able to travel?

Maybe this is a "carpe diem" time. My friend may just be the wise one here!

*Martha (Marty) Coffin Evans, Ed.D., is a freelance writer with MACE Associates LLC. Follow her blog on [martycoffinevans.com](http://martycoffinevans.com); emails her at [itsmemartee@col.com](mailto:itsmemartee@col.com).*

**Say You Saw It in  
50Plus  
Marketplace  
News**

# WINDSONG

at Northbridge



## Kick Off Event 4/18 2-4pm

WindSong Warriors are participating in the Alzheimer's Walk.

Come join us for a silent auction of black and white photos of our resident's hands holding items important to their story.

Food and drink will be provided.

RSVP to Genelle Davis

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**50Plus Marketplace** NEWS



# Joy on the Journey 2024

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DEMENTIATOGETHER.ORG



RSVP by April 18th

970-305-5271  
help@dementiatogether.org



## Weld Area Agency on Aging

### A Volunteer Thank You

In honor of Global Volunteer Month, the Weld County Area Agency on Aging would like to thank the volunteers that help each and every day with all of our programs such as the Friendly Fork and Weld Aging Well.



Jason Koban

Our volunteers make a difference in the lives of older adults across Weld County. There are 22 volunteer led Friendly Fork Nutrition sites in Weld County, where more than 80,000 meals are served annually. These meal sites foster environments of community, friendship, and education, all while providing a space where older adults from all walks of life can enjoy a delicious and nutritious meal. This would not be possible without the countless hours of volunteer service provided by folks who care deeply about enabling

our older adult community to live life full of joy, health, and friendship. Our wellness programs are led by dedicated volunteers who even share their own personal time to train in curriculums which are proven to benefit the health of anyone who participates. These volunteers gain expertise and experience helping others learn to maintain and improve upon their health goals. There's no way to adequately express the impact of those who volunteer with the Weld County Area Agency on Aging and the lives of folks whose dignity and joy may otherwise have been forgotten. In light of this fact, on behalf of citizens of Weld County, we humbly and gratefully say to our volunteers, thank you.

## Information for the 50+ Community

### Garden Tasks

It may be spring, but it is too early to plant those tender annuals, perennials and vegetables. Use this time to prepare gardens for later planting as the soil warms and the days lengthen.

Clean and disinfect tools with 10% bleach and 90% water. Soak for 30 minutes, rinse, dry and sharpen.

Collect yard debris and clean out garden storage areas. Use the Greeley Annual Clean-Up Weekend April 29 and 30 to dispose of pesticides, limbs, brush, sod, topsoil, grass and weeds. Visit the city's website for locations, times and nominal fees.

Eliminate weeds now. If using a preemergent weed preventer, do so now.

Do a soil test for levels of nitrogen, phosphorus, potassium and the pH level. Add amendments to soil as indicated when tilling the soil.

Till soil in existing and new gardens. Invest in a soil thermometer/water meter. Soil needs to be 60°F before you work it. Tilling soil with too much moisture damages

the soil structure making it difficult for plants to grow. Allow time for the soil amendments to work at least three days and up to several weeks. Till, add amendments, till again.

Refresh raised garden bed soil to keep it productive by using an annual top dressing of a few inches of compost. Work it into the top 3"-5" of soil

Trim perennials, grasses and shrubs. Most perennials can be trimmed to 2" above ground. Ornamental grasses can be cut back to 20% of their size. Trim non-blooming shrubs but not spring flowering shrubs until after bloom. Do not trim roses until after the last frost.

Replace old mulch if it resembles dirt, smells like vinegar, rotten eggs or alcohol, or has signs of disease, fungus or parasites. Refresh old mulch by fluffing it with a rake then add fresh mulch to the top. Mulch 2" deep on flowerbeds; 3" in shrub beds and around tree stumps.

By Pam Dorsett



THE GREELEY WELD SENIOR FOUNDATION PRESENTS THE ANNUAL



# HALL OF FAME

Wednesday May 22nd, 2024  
Aims Community College Welcome Center  
2:00pm - 4:00pm  
4901 W 20th St Greeley CO 80634

Minimum suggested donation of \$5  
Charcuterie refreshments provided.

Reservations Required  
RSVP by May 10, 2024 to Meredith Skoglund  
by phone at (970) 400-6200 or email  
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## GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



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Members receive discounts on trips, programs, priority registration, monthly newsletters, a parking permit, and the option of renting a locker.

**Membership Fee**

\$35 resident, \$50 non-resident

Drop-in fee \$4/per day non-members



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**Greeley Housing Authority**

## Chorale Closes 59th Season With 'Requiem And Royalty'

Greeley, CO, March 20, 2024 -- A message of hope and comfort, plus the majesty of a British coronation are hallmarks of The Greeley Chorale's final concert of the 59th Season, "Requiem and Royalty" on Saturday, April 13 at 7:30 p.m. This performance will be at the First Congregational Church, 2101 16th Street in Greeley.

"John Rutter's Requiem combines texts from the Requiem Mass plus the Book of Common Prayer. The result is a profoundly beautiful musical message of hope and comfort," according to Chorale Artistic Director Dr. Galen Darrough. "It is our pleasure to present this uplifting work to our Greeley and Northern Colorado patrons."

Rutter's Requiem features both English and Latin texts, with translations printed in the concert program. Soloists for Requiem, Donna Hofmeister and Cheyenna McGlothlin, are both Greeley Chorale members.

In addition to Requiem, the second half of the concert showcases various anthems from British coronations, ranging from Handel to Andrew Lloyd Webber. "The

most well-known anthem, Zadok the Priest, was composed by Handel for the coronation of George II in 1727, and has been sung for every coronation since," explained Darrough. "One of our oldest selections is O Lord grant the King a long life by Thomas Weelkes, which was used at coronations from 1660-1727. However, we will also perform pieces composed for the coronation of Charles III and Queen Camilla just last year."

Tickets are \$22 for adults, \$10 for students, and \$18 each for a group of 10 or more from a single purchaser. Tickets are available at 970-351-4849, through [greeley-chorale.org/tickets](http://greeley-chorale.org/tickets), at the UNC Ticket Office in Campus Commons or at the door. This concert is sponsored in part by Allo Fiber.

The Greeley Chorale is supported in part by a grant from Colorado Creative Industries and the National Endowment for the Arts.

**FOR MORE INFO, CONTACT:**

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

# Requiem and Royalty

featuring John Rutter's *Requiem*, plus  
Coronation Anthems of British Monarchs!

**Saturday, April 13, 7:30 p.m.**  
**First Congregational Church**  
**2101 16th Street, Greeley**



Concert Sponsor:  
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**Information for the 50+ Community**

## Better Business Bureau Bored? Think Twice Before Taking That Facebook Quiz



Shelley Polansky

Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

### How this scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match with a character from a favorite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?" "What is your mother's maiden name?" or "What is the name of the street you grew up on?" These are common security questions for insurance, banking and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity

or enable a scammer to impersonate you to your friends and family.

### How to avoid similar scams

Be skeptical: Before answering a quiz, figure out who created it.

Adjust privacy settings: Review the

social media account's privacy settings and be strict about any information that is shared and be mindful of who you are sharing it with.

Remove personal details from your profile: Don't share information like a phone number or home address on social media accounts.

Don't give answers to common security questions: Be cautious if the questions in a quiz ask for things like your mother's maiden name, the street you grew up on, previously owned vehicles, favorite foods, or the name of your high school.

Monitor friend requests. Don't accept friend requests from people you don't know. Also, be wary of a second friend request from someone you are already connected with; the second profile may be an impostor trying to access your data and your Friends list

*Jami Jonckowski-Wiens  
VP/Marketing & Communications - Better Business Bureau  
Serving Northern Colorado and Wyoming*

## A Volunteer Thank You



The team heading up the GAAC Open House (l-r) Laura Anderson, Erin Cranston, Sheri Lobmeyer, Bryant Vickroy. Others chipped in to help.

That is precisely what the Greeley Active Adult Center Open House attendees experienced and enjoyed. The Safari Theme gave everyone an opportunity to join in an organized journey to visit and chat with the assembled 32 service vendors offer a wide variety of products and services along with meeting 24 recreation vendors highlighting GAAC programs available for entertainment, education, study, hands on craft activities, lunches, special events and

more. Nearly 200 attendees took advantage of the GAAC Safari Journey. Everyone seemed to enjoy the journey, meeting and chatting with friends, taking a close look at all the products and services; along with learning more about all the GAAC programs and feature attractions. Planning for a 2025 Open House Version is underway. Stay tuned. For more information about Greeley Active Adult Center, please call 970-350-9440



The ever popular Keenage Singers entertained the GAAC attendees.

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**Memory Cafes Making Impact for Dementia Community**

A Dementia Together memory café participant shared: “I can’t even find the words to express how blown away I was at the Memory Cafe today...I enjoyed the youth volunteers so much and quite obviously everyone else did too! The guitar player was delightful. We knew every word of every song. The cookies and ice cream were yummy. Thank you for creating an atmosphere of pure fun and joy. My husband comes away from memory cafes feeling SO uplifted and part of a group of people he can relate to.

Dementia Together (DT) is a local nonprofit organization which cultivates joy and builds stronger connections for people living with dementia, their care partners, and our community. Memory cafes, one of DT’s signature services, are themed social gatherings with reminiscing, games, music, snacks, and joy. Since starting its work in 2015, DT has offered over 1025 memory cafes in-person and online, serving more than 4600 people.

“At Dementia Together, we teach

the UK-originated family-driven model called the SPECAL method (pronounced “speckle”) to positively manage the condition of dementia. We model the approach in our memory cafes to create meaningful social engagement,” explained Cyndy Luzinski, the Executive

Director of Dementia Together. One SPECAL principle is that “home” is a feeling, not necessarily a place. “Home is where everything makes sense.” When someone with dementia wants to go home, we know they aren’t FEELING at home. A recent comment from one of our memory café participants living with dementia confirmed the truth of this principle upon his arrival at the memory cafe. He greeted a staff member and said, “You should always go home.” Looking around at the other memory café participants, he added, “This is my home.”

To learn more, visit [www.dementiatogether.org](http://www.dementiatogether.org)

Our annual fundraiser Joy on the Journey is happening April 25th.

**Genealogy Rocks!**

**Are Genealogy Societies Needed?**



**Carol Darrow**

1924: The Colorado Genealogical Society was organized 10 years before the opening of the National Archives and Records Administration opened in Washington, D.C., giving researchers their first access to census records.

1976: Publication of Roots: The Saga of An American Family reignited interest in genealogy and family history research. Several local genealogical societies including Columbine, Larimer County, Foothills and the Black Genealogy Research Group were organized.

2002: The 1930 U.S. census was released on microfilm and was available only at the 14 NARA archival research facilities across the U.S. Denver was among those NARA facilities.

2010: Experts wondered whether online services such as Ancestry.com and FamilySearch.org would replace genealogy societies. It turned out that genealogy groups could offer their members classes to use these resources successfully.

2012: The 1940 U.S. census was released online at Archives.gov, Ancestry.com, and FamilySearch.

org but was not every-name indexed until January 2013.

2015: Some commentators noted that genealogy societies were losing members and questioned whether societies had outlived their usefulness. Societies would need to attract younger members to survive.

2018: The advent of DNA testing attracted younger people but they soon became discouraged with the results that listed hundreds of unknown cousins but no direct answers. Genealogy societies stepped in to explain the science and clarify the results.

2020: The pandemic forced in-person meeting places to close. Could societies survive if we could not meet in person? Survive and thrive they did, thanks to electronic Zoom meetings that allowed us not only to hear a speaker’s presentation but to socialize with other attendees.

You can be part of the future if you are willing to join a local genealogical society and support that organization by paying your dues and volunteering your talent to build a stronger organization.

Carol Cooke Darrow teaches Beginning Genealogy and facilitates the WriteNOW family history writing group on Zoom. Register for classes at [cogensoc.us](http://cogensoc.us).



Memory Cafe held at the Loveland Public Library

*Paint and Sip Memory Cafe enjoyment*



## Pets Are Family

### Pet First Aid



Judy Calhoun

To honor National Pet First Aid Awareness Month, it's important we are properly prepared in the event our pet experiences a sudden medical emergency. Just as we keep a first aid kit handy for ourselves, having a well-equipped pet first aid kit and knowing basic first aid techniques can make all the difference in ensuring our pets receive timely care in times of need.

First and foremost, keep a list handy of 24-hour emergency veterinarians and prepare a pet first aid kit. Keep these resources in easy-to-remember locations, and consult with your veterinarian about necessary kit supplies.

Keep your pet calm. Just like humans, pets can experience heightened stress and anxiety during emergencies. Calming them helps to alleviate their fear and discomfort, making it easier to assess their condition and administer necessary treatment. An agitated or panicked pet can also inadvertently worsen their condition by thrashing around or attempting to escape.

In the same vein, when handling and transporting an injured furry friend, we risk injuring them further. Learn how to safely handle an injured pet and consult with your

veterinarian as needed.

Familiarize yourself with basic first aid procedures for your pet regarding topics such as broken bones, bleeding, burns, seizures, heatstroke, choking, etc. A plethora of resources are available online specific to your pet's species and size. Did you know you can get certified in administering life-saving CPR to dogs and cats? Sign up for a class online or find one locally in your community.

Lastly, it can be difficult to remember every symptom a pet can have and what it means. Thankfully, Red Cross offers an app all about first aid for pets. Download it today and keep vital information in your pocket in time of need.

Thanks for reading! Learn more at [nocohumane.org](http://nocohumane.org).

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**Savannah, Jekyll Island and Beauford, SC**  
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### Travel

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Tired of all the clutter in your life? I will coach you to declutter from the inside out. Call for a free one hour clarity call to see if coaching is right for you. Carrie Copeland Coaching 401-480-7103

### 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.

## Trading Post ORDER FORM

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## Helping Coloradans: State's Property Tax, Rent, Heat Rebate Offers Relief For Senior, Low-Income Residents

Coloradans eligible for a Property Tax, Rent, Heat (PTC) Rebate should apply before April 15 to ensure they also receive a TABOR refund.

With the passage of the Identical TABOR Refund Act in December, Coloradans who do not plan to file a state income tax return can still receive the refund if they apply for a PTC Rebate by April 15.

The Property Tax, Rent, Heat (PTC) Rebate is available to Colorado residents to help with their property tax, rent, and/or heat expenses. The rebate is based on income and includes people with disabilities and older adults.

For tax year 2023, the rebate amount can be up to \$1,112 for applicants. If applications are received by April 15, 2024, applicants can also receive a TABOR refund, which equates to \$800 for single filers and \$1,600 for married couples filing jointly.

Eligible Coloradans include seniors (age 65 or older, or surviving spouse aged 58 or older), Coloradans with disabilities, and individuals with a total income of less than \$18,026 or a married couple with a total combined income of less than \$24,345.

"It's important to support all Coloradans, especially those in underserved and underrepresented communities," said Brendon Reese, Department of Revenue Division of Taxation director. "We want Coloradans experiencing hardship to know that there are resources out there to help and PTC rebates are one of them. With the flattened TABOR refund, you can receive a refund even if you didn't file a state income tax return for 2023 – you just need to submit a PTC Rebate application."

The PTC Rebate has provided relief to about 15,000 Coloradans since 2019. This program ensures seniors and Coloradans with disabilities can remain occupied in their heated homes year after year.

The PTC Rebate application is also available in Spanish, and to provide better customer service to non-English speaking Coloradans, Taxation Division call centers can now assist non-English speaking PTC applicants through a translation service.

More information, including qualifications, is available on the PTC Rebate webpage.

Information courtesy of the Colorado Department of Revenue

## Colorado Gerontological Society

### Income Limits Increase

### Making More People Eligible for LEAP



Eileen Doherty

Anyone 18 and over who pays for heating costs is eligible to receive help from LEAP. Individuals who make less than \$3,081/month (\$4,030/month for a couple) are eligible to apply. LEAP helps with heating costs, but does not pay the total bill. Deadline is April 30.

LEAP applications can be made online through Colorado PEAK or your county office. To use Colorado PEAK, log in if you have an account (or make a new account). On the Dashboard tab, scroll down

to the Benefit Overview. Immediately next to it, there is a button "Request New Benefits". Click the button. When it loads a new screen click "I want to add another benefit program". Press Continue. Click "I Know What Benefits I Want to Apply For"; then at the very bottom of the page, find the "Energy" tab. Check the LEAP box below. Then click the box "Apply for Benefits" at the top right. Then follow the form step-by-step.

If you need copies of tax or LEAP forms, call The Colorado Gerontological Society at 303-333-3482 or 1-855-293-6911 (Toll Free) or 1-855-880-4777 (Spanish). Or go to <https://cdhs.colorado.gov/leap>

## The Odds Are One in 400 Million

The cow was born with two heads. It happened in Cossinade, LA. The odds were not one in a million, as the saying goes; it was one in 400 million, says Eric and Dawn Breaux who own the cow. The condition is called polycephaly and the experts say most of the time critters are stillborn or live just for a few hours or days. The cow was still alive on day

eight when the news of its birth made headlines. At the time, Mrs. Breaux told reporters: "She has trouble lifting her head but is holding it up more and more as she is getting stronger. She is not standing on her own yet so she is unable to nurse on her mom. We have been bottle feeding her from the start."

## HEALTH & COMMUNITY RESOURCE FAIR

An effort to promote community-based resources and services to the aging population.



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## NEED HELP NAVIGATING MEDICARE?



State Health Insurance Assistance Program (SHIP) is a local resource that provides unbiased help with Medicare. SHIP can help with:

- Enrollment.
- Plan comparison.
- Cost and coverage.
- And much more.

SHIP counselors are available in Fort Collins, Loveland, Greeley and Estes Park. All counselors are screened, trained and certified by Centers for Medicare and Medicaid Services (CMS).

Contact the UHealth Aspen Club for assistance:  
**970.495.8558 or 970.495.8560.**



## Social Security Today

### How To Spot An Imposter Social Media Account

Want to learn how to spot fake Social Security social media accounts? The tips below will help you protect yourself and your family.

How fraudsters create imposter accounts

Fraudsters create imposter social media pages and accounts using Social Security-related images and vocabulary, making them appear as if they're associated with or endorsed by us. They also create imposter social media pages of Social Security and OIG officials, such as the Commissioner or the Inspector General.

Protect your personally identifiable information

We will never ask for sensitive information through social media as these channels are not secure. Sometimes, users are asked to enter their financial information, Social Security number (SSN), or other sensitive information. This is a red flag, and often an indication of a fraudulent account.

How to spot a fake social media account

Identifying an imposter account may seem difficult at

first, but there are a few things you can look for right away. You will want to focus on the following:

- How many people follow the imposter page. In most cases, fake pages have a very low number of followers as compared to Social Security's official page.
- Improper punctuation.
- Links to pages not on SSA.gov.
- Advertisements for forms or other Social Security documents for a price.
- Incorrect social media handles. To view the list of our official social media channels, we encourage you to visit [www.ssa.gov/socialmedia](http://www.ssa.gov/socialmedia).

Please report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at [oig.ssa.gov/report](http://oig.ssa.gov/report). You can find more information about scams on our Protect Yourself from Scams webpage at [www.ssa.gov/scam](http://www.ssa.gov/scam).

Please share this information with your friends, family, and colleagues to help spread awareness about imposter social media accounts.

## Veterans Echoes

Steve Mulvihill



Brad Hoopes

Upon graduating from college, Richard Hough assessed his situation regarding military service, as the Korean War had been raging for two years. His exempt status had now ended, and not wanting to wait to be drafted, he enlisted in the Army. He chose and

was accepted into the ASA (Army Security Agency). This choice, and the experiences it brought, would mold his post-military career. The ASA focused primarily on electronic intelligence. Besides gathering intelligence, it was responsible for protecting the Army's communications. Richard trained to become a Cryptoanalytic Specialist. After ASA training, he took off for Korea. During the Pacific crossing a message over the ship's PA announced that an armistice had been signed.

Landing in Korea after a brief stop in Japan, Richard was assigned to the 501st Comm. Recon Group. During his time in Korea, Richard traveled the country, including

getting up to the DMZ to witness the POW exchange. From Korea, he was transferred to Japan.

While in Japan, Richard immersed himself into the culture and traveling the country, which led to his post-service career. After his discharge, Richard would go on to obtain his Masters and PhD in the field of geography and have a 40-year career in academia.

Richard has a interesting geography-related hobby. While some people for example collect coins, others collect stamps, ...Richard collects counties. His goal is to travel in every county in the United States. He has circumnavigated the entire country, and has filled in a vast majority of the interior with his travels.

*Brad Hoopes has a passionate project of preserving the stories of our veterans. To view some of these stories, please visit: [www.youtube.com/@rememberandhonorstories](http://www.youtube.com/@rememberandhonorstories)*



## Ageism Matters

### We Are All Leaders



Kris & Sara

When you need to reach many people, it's important to remember that change happens one person at a time.

There is an exponential impact when we educate a group of educators, organize a town hall for legislators, and provide training and tools for people to organize their own conversations. But the message is still being received by one mind at a time. Every leader and influencer is an individual with their own beliefs and biases.

Equally important, we are all influencers and leaders in our own ways. We lead with our actions, how we spend our resources, and how we vote. We are examples for our families and friends, workplaces, and community organizations.

After years of education and public campaigns, ageism awareness is spreading. Our organization has reached thousands through our programs, social media, and cov-

erage by traditional media outlets. More and more people come to us wanting the tools to make change, to impact policy and connect to others across the country who want to make a difference.

There is a growing conversation about age and older adults in the public sphere. Yes, often much of it is negative. But, people are also questioning the traditional, negative narrative - and this is new. From health experts to political leaders to entertainers, there are voices clapping back and calling for a more realistic narrative about age and aging.

It starts with each of us to create change. This movement is happening from the bottom up. We can feel the momentum. One mind at a time, the narrative is beginning to change.

#### Add your voice!

*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.*

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QUALITY ASSISTED LIVING

## 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 International Pancake Day, Pancake Brunch

Friday, April 12 | 10 a.m. – 12 p.m.

Join us for a delightful morning of classic pancakes with all your favorite toppings and accompaniments.

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

### Volunteer Appreciation Lunch

Friday, April 26 | 11:30 a.m. - 1 p.m.

Get ready to celebrate our superstar volunteers at the Greeley Active Adult Center's Oscar-themed Volunteer Appreciation Lunch!

Fee: Free for volunteers, \$10 member, \$15 non-member

### Travel Programs

#### Colors of New England

October 14-21

Embark on a captivating expedition through the picturesque landscapes and rich cultural tapestry of New England! For more informa-

tion call 970-350-9426 or bryant.vickroy@greeleygov.com.

### 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 the City of Greeley's CivicClerk Meeting Portal at <https://greeleyco.portal.civicclerk.com/> For more information, about 50+ travel programs and events, visit [GreeleyActiveAdultCenter.com](http://GreeleyActiveAdultCenter.com)

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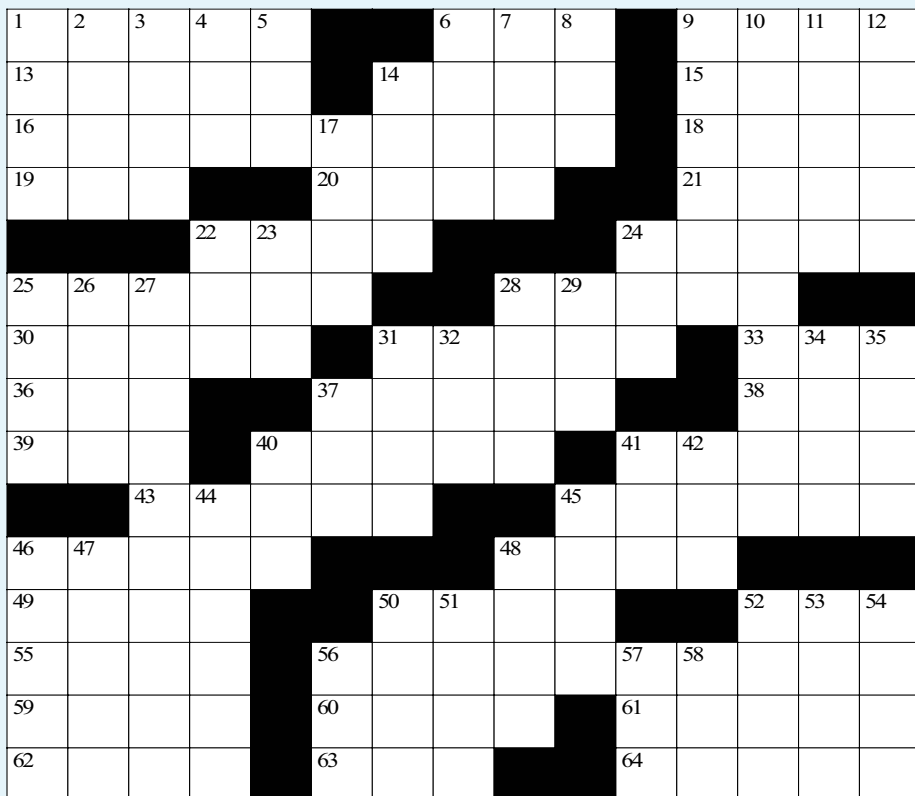
April 2024

Monday, April 1	Chicken Salad Sandwich on Wheat with Lettuce & Tomato, Mediterranean Lentil Soup with Crackers, Coleslaw, Honeydew, 1% Milk
Tuesday, April 2	Pork Green Chile Stew, Brown Rice with Pumpkin Seeds*, Roasted Cauliflower, Mangoes, 1% Milk
Wednesday, April 3	Turkey Scaloppine over Whole Wheat Pasta, Garlic Breadstick, Grilled Asparagus with Parmesan, Mandarin Oranges, 1% Milk
Thursday, April 4	Beef & Mushroom Meatloaf, Mashed Potatoes & Mushroom Gravy, Green Peas, Apricots, 1% Milk
Friday, April 5	Chicken & Andouille Gumbo, Cream Corn Pudding, Pickled Vegetables, Orange Slices, Gelatin*, 1% Milk
Monday, April 8	Baked Tilapia over Orzo with Parmesan Sage Cream Sauce, Maple Glazed Carrots, Fresh Fruit Mix, Orange Vanilla Chia Pudding*, 1% Milk
Tuesday, April 9	Chicken Romano, Breadstick, Spinach & Mandarin Orange Side Salad with Italian Dressing, Apple Slices, 1% Milk
Wednesday, April 10	Hamburger with Tomato, Onion, Pickles, Side of Mustard, Mayo & Ketchup, Baked Beans, Vegetable & Olive Salad, Cantaloupe, 1% Milk
Thursday, April 11	Chicken Caprese Wrap, Navy Bean Soup with Crackers, Pineapple, Blueberry Cheesecake Bar, 1% Milk
Friday, April 12	Chicken & Broccoli Pesto Pasta, Breadstick, Garden Side Salad with Balsamic Vinaigrette, Mixed Fresh Fruit, 1% Milk
Monday, April 15	Pork Carnitas Tacos with Red Cabbage Slaw & Pico de Gallo on Wheat Tortillas, Baja Black Beans, Half Banana, Strawberry Basil Cheesecake Bar, 1% Milk
Tuesday, April 16	Beef & Bean Chili, Corn Bread with Side of Honey & Butter, Carrot & Celery Sticks with Spinach Artichoke Dip, Banana/Pear/Mandarin Orange Mix, 1% Milk
Wednesday, April 17	Grilled Chicken Thigh, Couscous & Dried Fruit, Pea/Mushroom/Bacon Sauté, Orange Slices, Lemon Sugar Cookie, 1% Milk
Thursday, April 18	Roast Beef, Mashed Potatoes & Brown Gravy, Wheat Roll with Butter, Green Bean Almondine*, Blueberries, 1% Milk
Friday, April 19	BBQ Pulled Pork Sandwich on Whole Grain Bun, Roasted Sweet Potatoes, Zucchini/Mushroom/Peppers, Fruit Salad, 1% Milk
Monday, April 22	Beef & Bell Pepper Stir Fry with White Rice & Side of Lite Soy Sauce, Edamame, Cinnamon Applesauce, Lemon Crumb Bar, 1% Milk
Tuesday, April 23	Chicken & Spinach Casserole, Roasted Balsamic Vegetables, Low-Fat Cottage Cheese, Peaches, Fruit & Nut Cup*, 1% Milk
Wednesday, April 24	Chicken Fried Steak, Mashed Potatoes & Country Gravy, Spinach/Mushroom/Red Pepper Salad with Balsamic Vinaigrette, Strawberry Fresh Fruit Mix, 1% Milk
Thursday, April 25	Chicken a La King over Parmesan Biscuit, Brussels Sprouts with Side of Malt Vinegar, Apple Slices, Gelatin*, 1% Milk
Friday, April 26	Spaghetti with Bolognese Sauce & Shredded Parmesan, Capri Vegetables, Diced Pears, Peanut Butter Cookie*, 1% Milk
Monday, April 29	Krautburger with Side of Mustard, Potato Salad, Pineapple, Sugar-Free Gelatin*, 1% Milk
Tuesday, April 30	Austrian-Style Pork over Mashed Potatoes, California Blend Vegetables, Diced Pears, Carrot Cake, 1% Milk

\*indicates menu item contains nuts or may not be suitable for individuals with a nut or seed allergy

# 50 Plus Marketplace News Crossword Puzzle

April 2024  
Answers page 9



### ACROSS

- |   |   |
|---|---|
| <p>1 Gold coin<br/>6 Weep<br/>9 Hollow cylinder<br/>13 Idealized concept of a loved one<br/>14 Free from contamination<br/>15 Indigo<br/>16 Capacity to absorb radiation<br/>18 Great quantity<br/>19 Destiny<br/>20 Latvia<br/>21 Accent<br/>22 Mild oath<br/>24 High public esteem<br/>25 Counterfeit<br/>28 Former Russian rulers<br/>30 Feudal vassal<br/>31 English poet<br/>33 Clumsy boat<br/>36 Advanced in years</p> | <p>37 Entirely<br/>38 Part of verb to be<br/>39 Organ of sight<br/>40 Hawk's nest<br/>41 White-and-black bearlike mammal<br/>43 Horn-shaped bone<br/>45 Dissepiment<br/>46 Purge<br/>48 Strike forcefully<br/>49 Wagon<br/>50 Greek goddess of the earth<br/>52 By way of<br/>55 Which inland sea of central Asia lies on the border between Kazakhstan and Uzbekistan<br/>56 Desalt<br/>59 Roster<br/>60 Island of Hawaii<br/>61 Sovereign</p> |
|---|---|

- 62** Soared  
**63** Weep  
**64** Foe

### DOWN

- 1 Clock face  
2 Boss on a shield  
3 Fling  
4 Gone by  
5 Rocky pinnacle  
6 Dynasty in China  
7 Killer whale  
8 Honey insect  
9 Priest  
10 Changeable  
11 Musical instrument  
12 Senior  
14 Discharged a debt  
17 Small nail  
22 Ovum  
23 Command to a horse  
24 Possesses  
25 Floating ice  
26 Greasy  
27 Change decor  
28 Story  
29 Pigeon  
31 Disease of the nervous system  
32 Biblical high priest  
34 Official language of Pakistan  
35 Ray of light  
37 Island of Denmark  
40 Sin  
41 Seed of a legume  
42 Disposed  
44 Lawless person  
45 Authenticating mark  
46 Sash  
47 Christmas song  
48 Sweetheart  
50 Equipment  
51 Wan  
52 Dell  
53 Separate article  
54 Ethereal  
56 Doctor  
57 Wrath  
58 Convent dweller



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