

North I-25 Freeway Opens New Lanes

The longstanding vision to improve mobility along north I-25 is becoming a reality. In December, Larimer and Weld County Commissioners joined Gov. Jared Polis and other state officials at a ribbon cutting, officially opening three improved segments of north I-25, which stretch from Berthoud to Fort Collins.

“This is a milestone for Colorado and every person who travels on I-25. This project will save people time and improve safety while connecting Coloradans with northern Colorado,” said Governor Polis.

The multimodal corridor project not only includes the addition of express lanes but also the reconstruction of interchanges,

bridges, and multimodal hubs for transit facilities at State Highway 56 in Berthoud and Centerra in Loveland.

Construction of the improvements has been ongoing since 2018, but the desire for more efficiency along north I-25 began several years ago with support from past and present Weld County commissioners as well as municipalities throughout and Larimer and Weld counties.

In 2013, the North I-25 Coalition was formed as an advocacy group for north I-25 improvements and was critical in gaining local government funding as well as federal funds, which the Colorado Department of Transportation (CDOT) used to advance

the project. James, who currently serves as the chair of the North I-25 Coalition, voted to contribute \$8 million to the expansion project when he was the mayor of Johnstown.

While three segments of improvements are complete on north I-25, work on segment five, located between State Highway 66 in the Mead/Longmont area and State Highway 56 in Berthoud, continues. Weld County, in partnership with CDOT, has applied for a \$100 million Mega Project Discretionary Grant to help leverage funding

for segment five improvements. Weld County has also committed \$5 million toward the project, which is anticipated to cost \$450 million. Segment five is expected to be completed in late 2024.



Johnny Cash: Official Concert Experience Comes to Greeley

The Union Colony Civic Center Monfort Concert Hall welcomes Johnny Cash: The Official Concert Experience to Greeley at 7 p.m., Sunday, February 4.

The show, touring nationally, is bringing songs and stories from the “Man in Black” to the stage in a way that audiences haven’t seen or heard before. With video of Cash from episodes of The Johnny Cash TV Show projected on a screen above the stage, a live band and singers will accompany him in perfect sync.

The concert will highlight iconic performances from the TV show and highlight the spirit of the legend by revisiting some of his memorable words and anecdotes. Through clips and film, Cash will perform some of his biggest hits, including “Folsom Prison Blues,” “Ring of Fire,” and “I Walk the Line,” and share stories of people he met along the way whose causes he championed — the working man from all walks of life.

The show will also feature on-screen narration by Cash’s only son, John Carter Cash. “My father’s music has resonated deeply with fans around the world, and we’re looking forward to bring-

ing this music experience to cities across North America,” says Cash. “I will help narrate the evening and share some intimate stories from my father’s personal life and career in music.”

The show’s guitarist, Debbie Horton, is the only female ever to play lead guitar for Johnny Cash. A lifelong fan and president of Cash’s Virginia fan club, she was inspired by Johnny Cash and became an accomplished guitarist. At a show in Baltimore, Cash surprised everyone — including Debbie — by

bringing her up on stage to play lead guitar. She launched into the classic “Big River,” and has been performing ever since.

Johnny Cash is one of the most influential and respected artists in the history of recorded music. Through his monumental live prison albums, commentaries on the human condition, canon of gospel recordings, and late-life artistic triumphs of will and wisdom, his impact on our culture continues.

Tickets are on sale now at UC-Stars.com.



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FEBRUARY Calendar

Thursday/1

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.

Thursday/15

The Colorado Gerontological Society presents a free online program on "Convincing Family to Let You Live at Home." Family most often have our best interests at heart when they suggest that we move from our current home. They may offer suggestions like "moving closer to their personal residence," or "moving to a an older adult community or an assisted living," or "coming to live with them or another family member." Register for the Zoom info at www.senioranswers.org.

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

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

Check individual venues for current information

Calendar sponsored by:
Beyers Law

We Care



Kris & Sara

Last month, we talked about internalized ageism, in other words, the negative stories we tell ourselves about being our age. These are not just problematic because they are unpleasant. How we think about aging has an impact on how well we age.

But, we can change our thinking. The first step is to ask whether your story is accurate. Is this really about age?

Then we can think of more realistic and helpful stories. Over the past few months, we've crowdsourced some common ageist storylines that come into our heads

Ageism Matters Taking On Our Inner Ageist

and some alternatives.

Many of us think to ourselves, "I'm too old to start something new." Instead, how about:

"I'm a lifelong learner. I'm curious and I want to know more."

"I'm an expert in adaptation. I have learned so many things throughout my life."

"I'm creative and can do this "

"I can learn things at any age."

"I have the resources and relationships to take this on."

Here's another one. If you think, "At my age, this pain is normal and I just have to bear it," instead, try:

"I do not need to accept pain without question just because I am older."

"This is preventing me from enjoying life, so I'm going to ask

about options."

"My quality of life matters."

Question your assumptions about aging. Remember that older people can learn new things (research proves it!). Stereotypes and generalizations are limiting and unrealistic and we can tell a better story that helps us all age well.

Learn more on the Internalized Ageism page on our website.

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

We Care

Where Is Everyone?



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."



-5, -9, -13, -15
At those temperatures, where it is warm sounds like the best idea...

Caring Hearts Home Health Care: A Trusted Beacon of Compassionate Care

In the fast-paced and ever-evolving landscape of healthcare, finding a provider that combines expertise with a genuine commitment to personalized care is a rarity. Nestled in the heart of Northern Colorado, Caring Hearts Home Health Care stands as a shining example of compassion, dedication, and unwavering commitment to the well-being of the community it serves.

Celebrating over two decades of service, Caring Hearts Home Health Care has become synonymous with excellence in Nursing, Physical Therapy, and Occupational Therapy. What sets this organization apart is not just its impressive range of services but the ethos that underpins its operations. As one of the last privately owned and operated Home Health Agen-

cies in the region, Caring Hearts has maintained a unique identity as a beacon of compassionate care.

Owned and operated by a team of seasoned nurses, Caring Hearts Home Health Care brings a depth of understanding to the forefront. Our intimate knowledge of the healthcare landscape, coupled with a genuine passion for aiding others, creates an environment where patients feel not just cared for, but truly understood. This personal touch is what defines the essence of Caring Hearts.

One key aspect that sets Caring Hearts apart is its independence. Proudly Colorado-based and not affiliated with any franchise or insurance company, the organization remains true to its roots. This independence allows Caring Hearts to prioritize the needs of its patients

over corporate interests, ensuring that every individual receives the attention and care they deserve.

For those seeking a healthcare provider that values the human connection, Caring Hearts Home Health Care stands as a beacon of trust and reliability. As we continue to serve the communities of Greeley, Fort Collins, and Loveland, our legacy of compassionate care remains unwavering.

For more information on Caring Hearts Home Health Care and to explore our comprehensive range of services, visit their website at caringheartshh.com or contact us directly at 970-378-1409. Experience the difference that comes with a team of dedicated professionals who are not just caregivers but companions on your journey to health and well-being.

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Published by
50Plus Media Solutions, Inc.
Ault, Brighton, Erie, Fort
Morgan, Greeley, Sterling, &
Windsor

50 Plus Marketplace News, Inc., is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material 300 words or less are to be emailed to sales@50plusmarketplace.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

DEADLINE

10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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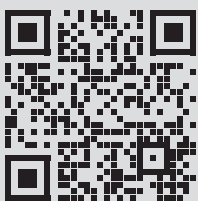
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Printed on Recycled Paper

Veterans Echoes

Serving At High Altitudes

Jeff Gruver loved aviation from an early age. He had model airplanes hanging from his bedroom ceiling at age six and at twelve built his own hang glider. Coupling this with the fact his dad was career Air Force, Jeff naturally gravitated to the Air Force.



Brad Hoopes

Jeff was flying his beloved T-38 supersonic jet trainer when engine trouble caused him to make an emergency landing at Beale AFB. While watching the U-2s there, he was immediately hooked. He applied (the U-2 and Thunderbirds are the only two Air Force programs

that you can't be transferred to, but must apply to) for this elite program and was accepted.

The U-2 is a different plane from most and thus can be difficult to fly. The program itself extracts a great deal of sacrifice from its pilots in that it is physically demanding, dangerous, and the assignments require the pilots to be away from spouses and families for long periods of time. Jeff flew reconnaissance missions (at 70,000ft) throughout the world. One interesting mission had him sitting on the tarmac in Florida. It was the

first shuttle flight after the Challenger explosion, and if this shuttle blew up, he was to take off and fly back and forth through the debris cloud to take radiation readings. He said it was the one day he was glad he didn't fly.

Jeff capped his Air Force career with a 28-year career at United Airlines, where he eventually flew every different aircraft type in their fleet.

Brad Hoopes has a passionate project of preserving the stories of our veterans. To watch Jeff's and other veteran stories, go to: www.youtube.com/@rememberandhonorstories



Elder Law Q & A

What are Veterans Death Benefits?

Although death benefits are available to veterans and their families, less than half of those who are eligible for death benefits use them, according to the American Association of Retired People.

Available veterans death benefits may include burial in a national cemetery, compensation for expenses, or grave markers for private cemeteries.

Burial in VA National Cemeteries: Who Is Eligible?

While many believe that death benefits are only available for those who fought in combat, most veterans are eligible to be buried in a Veterans Administration (VA) national cemetery.

To qualify for these benefits, the veteran's discharge must not have been dishonorable. They must have received care from a VA facility, gotten a VA pension, or passed away while serving or because of a service-connected disability.

Veterans' spouses, minor children, and unmarried adult dependent children may also be able to qualify for veterans death benefits, allowing them to be buried in national cemeteries alongside their loved ones.

Veterans Burial Benefits: Help for Families

Individuals who make funeral arrangements for qualifying deceased veterans can receive compensation to cover the expenses. To obtain benefits, an individual must have paid for the burial, transportation, or funeral costs. The person must have also either been a close family member or managed the estate. For those buried in a national cemetery, benefits provided at no cost include a gravesite, services to open and close the grave, and maintenance of the gravesite.

Making Advance Arrangements

While veterans do not need

to plan their funerals and burials ahead of time, the VA does pre-approve national cemetery burials. Preapproval involves determining whether you are eligible, selecting a VA national cemetery, and filling out an application.

Even if you do not preplan your services, let your loved ones know where you have stored your discharge papers and any wishes you may have regarding your final resting place.

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Technology is Hip!

This Year's Consumer Electronics Show Promotes AI



Bob Larson

At this year's Consumer Electronics Show (CES) in Las Vegas, the theme promoted artificial intelligence (AI). Many new AI products were shown to provide beneficial services for seniors and all ages. This annual show is one of the most influential tech events in the world. Over 130,000 people including the vendors and buyers attend this event to display or see the latest technical innovations for all ages.

Some of the exciting new AI products for seniors included the voice-controlled Labrador Retriever robot from Labrador Systems, which can assist people to live independently by carrying objects such as food, drinks, laundry, and others around the house. Nobi, the AI-powered smart lamp features the ability to monitor distress indicators such as irregular breathing and coughing. Onward Rides is a ride sharing service for older adults and others who need minor physical assistance. Riders are accompanied by trained and vetted companion drivers who can offer a little extra help to riders

who need a hand. This service is for senior communities, hospitals, and health plans as a healthcare transportation solution.

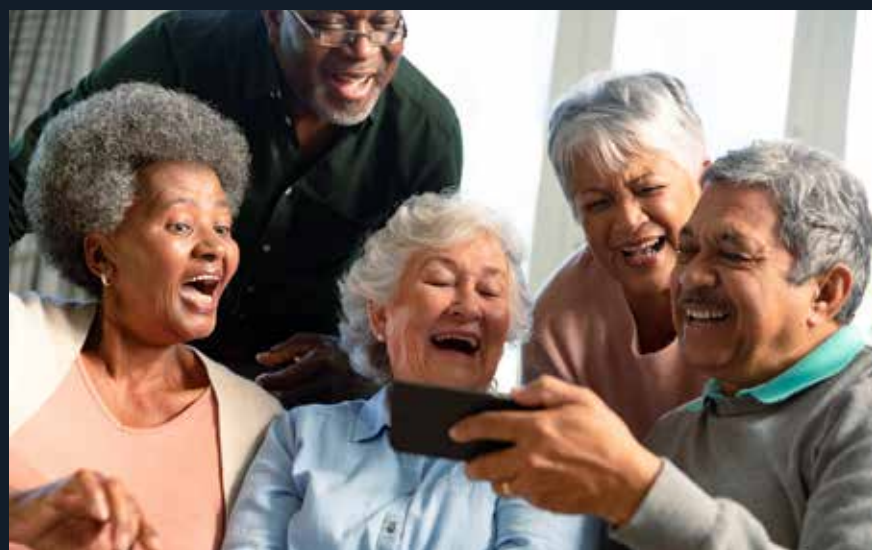
Other innovative AI products included the Badger by Satellite Displays Inc, which is a closed captioning smart badge used to convert speech to text in real time, in 50+ languages. Ara by Strap Technologies Inc is a wearable, handsfree device with sensors that transcribe the environment, providing blind or visually impaired users with support to move faster and safer throughout their everyday lives.

More innovative products included XanderGlasses™ created by MIT Media Labs, which are smart glasses providing captions for conversations in real-time to help persons with hearing loss. When you can't hear what someone is saying, their glasses let you see what someone is saying in real-time.

Next month, I'll reveal other CES products that will benefit seniors. These are great benefits to make our lives better.

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

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32 Years of Service Providing Information for the 50+ Community



Seniors Playing Softball

Colorado Senior Softball Reads for 2024 Season

The Colorado Senior Softball Association (CSSA) Board of Directors is preparing for the 2024 senior softball season. Tentative plans call for regular scheduled games to start in late April or early May.

CSSA is a nonprofit organization that organizes and manages a softball league as a means for recreation and exercise for senior citizens, 50 years of age and above. The league is managed by a Board of Directors made up of members from the Recreation Centers and from the ranks of players who volunteer their time. Teams play through the numerous recreation and senior centers throughout the front-range area, with teams participating as far south as Castle Rock, as far north as Greeley and Longmont, west to Evergreen and east to Aurora. Teams are divided into divisions based on competitive level and schedules are developed. Games are played in the regular

season schedule that runs from late April through August, and end-of-season tournaments played in late August, or early September.

The league has their regular senior teams (50 years of age and above) playing double-headers on Wednesday mornings, and the 70's teams (70 years of age and above) playing double-headers on Monday mornings. Many players play on both a regular team and a 70's team. In 2023, there were thirty two regular teams and eighteen 70's teams who participated. Men and women play on a number of the teams. Many teams are looking for new players to play in the 2024 season.

More information can be found by calling your local recreation or senior center, by checking the CSSA website at www.coloradoseniorsoftball.com (click on the 'CSSA' box), or by calling the CSSA Commissioner, Stan Harbour, at 303-721-8037 (Home) or 303-478-0695 (Cell).

Reflections

What About Those Resolutions?!

We're a month into the New Year and, indeed, what about those resolutions?! "I've already broken one," my friend Lynn lamented as we walked into a meeting.

Wondering what he'd done, I asked. "I had a Voodoo donut," he explained.

That led us into a discussion about their type, size, flavors – jelly filled, bacon, maple – for starters.

At that day's meeting, I shared suggested resolutions from Today Is Mind by Leroy Brownlow, a book gifted to me years ago. Shortly afterwards, our leader pointed out I'd already broken a resolution. Hmm, I wondered only to learn Brownlow's "To put first things first" was really the second one instead of the reverse.

The first resolution read "To forget past mistakes and press on to greater achievements." Without having Brownlow to ask about his ordering, it seems with a new year, putting those past mistakes behind us makes sense. We're into another year full of opportunities and achievements should we chose to take and/or pursue them.

Often resolutions focus on diet



Martha Coffin Evans

and exercise as the most prominent ones. Interestingly enough, of Brownlow's 16 "I am resolved:" neither food nor exercise make the list. Those which do emphasize our own actions such as spending time with another, being a friend

to all, avoiding criticizing others, making work a joy, thinking the best, smiling, looking ahead and keeping moving.

As is his book's format for 365 days, after each daily message, an associated quotation is provided along with a scriptural passage. At the conclusion of the January 1 page, he included a quotation from Benjamin Franklin (1706-1790).

The following words by Franklin offer good advice for us as we consider our own resolutions, whether written or only thought: "Resolve to perform what you ought; perform without fail what you resolve."

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC, can be reached at itsmemartee or on her website martycoffinevans.com.

Governor Polis Delivers 2024 State Address

Colorado Governor Polis delivered his 2024 State of the State address in mid-January, focusing on the issues that matter most to Coloradans like reducing housing costs, expanding access to transit and making Colorado one of the ten safest states.

“I challenge everyone to envision how we want our state to look in 2026 when we turn 150, and I am excited to continue working to achieve these shared goals. This means building more housing options for every budget, expanding reliable transit across the state, and improving public safety throughout Colorado,” said Governor Jared Polis. “If this work was easy, it would’ve been done already. I look forward to saving people money, reducing housing costs, and ensuring Colorado remains the best place to live, work, and raise a family.”

Focusing on housing, safety, and education, Governor Polis was

joined by a Coloradan who has benefited from having an accessory dwelling unit on his property, two recipients of Nonprofit Security Grant Awards - who have used funding to make security improvements - as well as two Bright Spot Award recipients.

“The future of our state depends on our ability to work together to deliver real results to Coloradans,” said Governor Polis. “So as we prepare for the year ahead, know that the State of our State is strong. When we work together, nothing is beyond our reach.”



Governor Jared Polis

32 Years of Service Providing Information for the 50+ Community

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Weld Area Agency on Aging

Join Text2LiveHealthy!



Meredith Skoglund

A new year, new goals!! Whether you are an avid new year’s resolution goal setter or just want to make a few simple and healthier choices, then this quick text message program is for you. Text2LiveHealthy (T2LH) is a program designed to help you increase the number of fruits and vegetables you eat, increase your physical activity, and reduce sedentary behaviors, and increase how much water you drink while decreasing your sugary beverage intake. This is all by simply receiving a few text messages each week.

The texts are motivational messages to make or maintain a behavior change. They may also provide links to videos and creative recipes or information about local wellness-related events. Learn about easy low-cost ideas to eat healthy

and new ideas to stay active and independent. Ready to sign up? It’s simple, just text FRUIT to 97699. There are no strings attached and you don’t have to purchase anything and can opt-out at any time by texting STOP. Message & data rates apply.

I’ve been receiving the text messages for over a year and love the simple reminders as well as the creative recipes to incorporate new foods. I also need as many reminders as possible to drink water, I tend to drink less water when it isn’t hot outside.

Text HELP for information. Text STOP to 97699 to opt-out. No purchase necessary. For Privacy Policy and Terms and Conditions, visit: <https://coloradosph.cuanschutz.edu/text2livehealthy>.



Windsong Memory Care Celebrates Ribbon Cutting Event

In mid-January, Windsong Memory Care at Northridge celebrated their ribbon cutting event by joining the Greeley Chamber of Commerce. Over a dozen Chamber Ambassadors from different Greeley businesses joined the Windsong executive staff in the celebration. Windsong’s Executive Director Joshua Vines thanked the Chamber Ambassadors for attending and looked forward to having a great partnership with the Chamber. Community Relations Director Genelle Davis introduced the executive staff to

the Ambassadors. Festive drinks and snacks were provided for the Ambassadors and other guests. Windsong is a certified Montessori community, who inspires education for dementia patients. Pictured below (l-r) are Windsong’s executive staff: Executive Chef Aura Mills, Business Office Manager Leanna Dilka, Executive Director Joshua Vines, Community Relations Director Genelle Davis, Maintenance Director Joe Allen, and Life Engagement Director Angela Zigelhaler.



Honoring Rosalynn Carter's Legacy by Prioritizing Caregiver

Former First Lady Rosalynn Carter's caregiving journey began early in life, when she helped care for her father when he was diagnosed with cancer. Following his passing when she was 13, and the passing of her grandmother soon after, Mrs. Carter's grandfather moved into the family home to receive care from her mother.

These formative experiences would shape her future policy and advocacy work as a trailblazer for caregivers everywhere.

Many Americans can see their own caregiving journeys reflected in the life of the late Mrs. Carter. Currently, 53 million Americans serve as caregivers to someone who is aging, ill, or living with a disability. Providing care can lead to stress on a person's physical, mental, and financial well-being — often causing major life disruptions, with a third of working caregivers reporting having to leave a job because of their care responsibilities.

The Rosalynn Carter Institute for Caregivers

Mrs. Carter's advocacy on behalf of caregivers led her to establish the Rosalynn Carter Institute for Caregivers (RCI) 36 years ago, at a time when the term "caregiver" was not largely used. Today, RCI is a leading advocate promoting caregiver health and strength. As a Healthy People 2030 Champion, RCI takes action to transform the future of caregiving by building cross-sector partnerships, leading research projects and strategic initiatives, developing and implementing evidence-based programs, and advocating for systems-level policy change at the state and federal level.

One common finding in RCI's programmatic work and research is that the needs and experiences of caregivers are frequently overlooked. Caregivers are an afterthought. The person needing direct care is often the center of

attention in our health care system, leaving the person providing the care in the background, navigating complex systems alone and unsupported.

Because of this, RCI is introducing a new approach to put the needs of those who are providing care at the center. Along with our research partners at Duke University in the Department of Population Health Sciences, we have organized the complexity and variation of care experiences into 9 profiles of caregiving. Understanding the experiences of the care journey will help to strengthen the efficacy of supports. By working across sectors, we can create a more supportive and empowered caregiver experience by expanding and targeting resources, implementing more holistic and responsive policies, and inspiring systems-level transformation.

Ahead of her time as always, Mrs. Carter never used a care recipient's diagnosis to describe a caregiver; she first described what the caregiver was experiencing. These profiles are a path to helping us all see what she always recognized: caregivers are the invisible frontline who are ignored at great risk to our health care system, our economy, and our communities.

Profiles in Caring

Behind this project to develop Profiles in Caring is the idea that caregivers' needs and experiences must be centered more in conversations throughout a care journey. While recognizing that all caregivers have unique needs and experiences, we found that there are phases of caregiving to which many caregivers can relate.

Using these phases, and the stressors and the goals associated with them, we were able to develop 9 unique profiles to help locate caregivers on the continuum of their care journey:

- Caregivers managing a crisis

- Caregivers adjusting to a new diagnosis

- Caregivers managing active treatment with the care recipient

- Caregivers working on recovery alongside care recipient

- Caregivers managing a static conditions alongside care recipient

- Caregivers managing a decline in illness/condition alongside care recipient

- Caregivers managing a setting change alongside care recipient

- Caregivers caring for someone at the end of their life

- Caregivers in the post-caregiving phase

- Caregivers transitioning from one phase of caregiving to another

These proposed Profiles in Caring are designed to serve as mile markers around which unique resources, needs, goals, and policies concerning caregivers can be organized. Once fully defined, these profiles could aid:

- Health practitioners to better understand and support caregivers and their experiences

- Organizations serving caregivers to inform their programs and services

- Policymakers at the federal and state levels to strengthen policies, such as the 2022 National Strategy to Support Family Caregivers

- Employers to design and offer benefits that align with specific stages

As the idea of a federal Office for Caregiver Health continues to take shape, these profiles could serve as an initial foundation to grow and centralize resources.

Why It Matters

As Mrs. Carter often reminded us, there are 4 kinds of people: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. Everyone is touched in some way by a care experience, which means our systems of support need to be stronger to help these invisible — yet critical — people who are the

backbone of our health care system.

The stress of caregiving can lead to myriad negative health outcomes for the caregiver. The stress and difficulties of caregiving also impact their professional and personal lives. And when a caregiver is not at their best, they can't provide the best possible care.

Caregivers should be able to find support without neglecting their own needs or putting their lives on hold. If successful, these Profiles in Caring will provide a guide to change the system for the benefit of family caregivers based on their needs throughout their care journey.

What Comes Next

RCI and Duke will be working over the coming months to refine this model and test the implementation of the profiles in different sectors. We are eager to drive systematic change for caregivers in this country.

We know that public health practitioners, health care professionals, and policymakers will have valuable input and feedback to further strengthen and implement this model. We encourage you to email info@rosalynncarter.org to learn more about these profiles, our research, and the work of RCI.

Together, we can make a difference in the lives of caregivers across the country. And together, we can honor Mrs. Carter's legacy and the work she left for us to continue.

By Dr. Jennifer Olsen, CEO, Rosalynn Carter Institute for Caregiver



Presidents Day Quotes

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.

Harry S. Truman

We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.

Jimmy Carter

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy

If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee.

Abraham Lincoln

"We must work to bind up the

wounds of a suffering world — to build an abiding peace, a peace rooted in justice and in law." —

Dwight D. Eisenhower

"Leadership to me means duty, honor, country. It means character, and it means listening from time to time."

George W. Bush

"We can't help everyone, but everyone can help someone."

Ronald Reagan

"Yesterday is not ours to recover, but tomorrow is ours to win or lose."

Richard Nixon

"We cannot learn from one another until we stop shouting at one another — until we speak quietly enough so that our words can be heard as well as our voices."

Gerald Ford

Fist Bumps, Anyone?

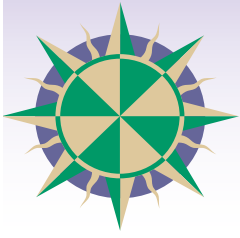
David Rush may not have broken the most Guinness World Records; that honor belongs to 68-year-old Ashrita Furman who, thus far, has won no less than 600 records, including the record for breaking the most Guinness Records. But Rush has broken more

than 250 records thus far including the record for the most fist bumps, which he achieved with the help of Howie Mandel, the host of the America's Got Talent TV show. Together they racked up 380 fist bumps in 30 seconds on a recent episode of the show.

A Very, Very Pricy Taste

The rare, fragrant, flavorful and extremely expensive white truffles that grow in Alba, Italy can put you back nearly \$7,000 a pound. It's the reason why Japanese company, Cellato, broke the Guinness record for the world's priciest ice cream, a brand called Byakuya that would

set you back \$6,696 per serving. According to the company, "It took us over 1.5 years to develop, with a lot of trials and errors to get the taste right. Achieving a Guinness World Records title made the effort all worth it."



ANSWERS ON AGING RESOURCE GUIDE

Disclaimer: This list is not intended to be inclusive of the wide range of services that are available for older adults. This list presents the most common numbers that are requested by older adults and their families. Weld County Area Agency on Aging is released from any liability and claims no responsibility for any services rendered by the listed agencies. For more information call 970-400-6952

For Older Adults in Weld County published 3 times a year by:



Weld County Area Agency on Aging

Adult Day Programs

Easter Seals Colorado WINGS. 1656 Topaz Dr, Lvd 970 669-2777
Elderhaus Adult Day Program. 6813 South College Ave, FtC 970 221-0406
InnovAge Colorado PACE, North 1303 East 11th St, Lvd 970 800-5500
TRU PACE. 2593 Park Lane, Lafayette 303 665-0115

Adult Protective Services

Adult Protective Services (APS) Education 315 North 11th Ave, Bld C, Grl 970 400-6109
Adult Protective Services (APS) Reporting 315 North 11th Ave, Bld C, Grl 970 400-6700

Advance Directives

Alzheimer's Association 2695 Rocky Mnt Ave Lvd 970 392-9202
Colorado Legal Services 912 8th Ave, Grl 970 353-7554 x101
Systems of Care Initiative (SOCi) 1175 58th Ave, Grl 970 449-6840
UCHealth Senior Services/Aspen Club 970 495-8560

Caregiver Support

Alzheimer's Association 24/7 Helpline 800 272-3900
Colorado Respite Coalition www.coloradospitecoalition.org 303 233-1666
Dementia Together 8403 Castaway Dr, Windsor 970 305-5271
Family Caregiver Support Program 315 North 11th Ave, Bld C, Grl 970 400-6130
Parkinsons Association of the Rockies 1325 S. Colorado Blvd Suite 204-B Dnv 303 830-1839

Case Management

A Care Management Group, Inc. 104 Hummingbird Place, Bth 970 726-4597
A Woman's Place 970 351-0476 / 24/7 Crisis Line 970 356-4226
ADRC Options Counseling 315 North 11th Ave, Bld C, Building C, Grl 970 400-6952
Catholic Charities of Weld County 1442 North 11th Ave, Grl 970 353-6433
Connections for Independent Living 1331 8th Ave, Grl 970 352-8682
Dementia Together 8403 Castaway Dr, Wdr 970 305-5271
Envision: Early Intervention/Developmental Disabilities 1050 37th St, Evans 970 339-5360
InnovAge Colorado PACE, N. 1303 East 11th St, Lvd 970 800-5500
North Colorado Health Alliance 2930 11th Ave Evans 970 350-4673
Options for Long-Term Care 315 North 11th Ave, Bld C, Grl 970 400-6950
The Sexual Assault Victim Advocates 921 8th Ave Crt, Grl (970) 506-4059 / 24/7 970 472-4200
TRU PACE 2593 Park Lane, Lafayette 303 665-0115

Case Management – Private Pay (Older Adults)

Covell Care & Rehabilitation, LLC 2350 Limon Dr, FtC 970 204-4331
Life Changes Care Management 970 999-5169
Senior Life Solutions, LLC 343 West Drake Rd, Ste 110 FtC 970 282-7975

Chore Services

Chore Service Program 315 North 11th Ave, Bld C, Grl 970 400-6133

Consumer Affairs/Legal

AARP (888) 687-2277
Colorado Consumer Line (800) 222-4444
Colorado Legal Services 912 8th Avenue, Greeley, CO 80631 (970) 353-7554

Consumer Fraud (District Attorney) 915 10th Street, Greeley, CO 80631 (970) 356-4010
Green Path Debt Solutions (970) 229-0695
Medicare Advocacy, Quality of Care (KEPRO) (844) 430-9504
Alzheimer's Association 24/7 Helpline 800 272-3900

Counseling and Support Groups

American Cancer Society, 8221 W. 20th St, Ste A, Grl 970 356-9727
Banner Hospice Bereavement Services, 2726 W. 11th St Rd, Grl 970 352-8487
Community Grief Center 2105 Clubhouse Dr, Grl 970 506-4114
Connections for Independent Living 1331 8th Ave, Grl 970 352-8682
Dementia Together 8403 Castaway Dr, Windsor 970 305-5271
Grandparents Raising Grandchildren Program 315 North 11th Ave, Bld C, Grl 970 400-6133
Kinship Support Group 970 353-6433
Moving Forward – Brain Injury Support Group 2774 Reservoir Road, Grl 970 506-0008
North Range Behavioral Health 145 1st St, FtL 970 347-2420
North Range Behavioral Health 4943 Highway 52, Ste 205, Frederick 303 857-2723
Parkinson's Support Group 1090 43rd Ave, Grl 303 830-1839
Pathways for Grief & Loss 305 Carpenter Road, FtC 970 663-3500
Pennock Center for Counseling 211 South 21st Ave, Brighton 303 655-9065
The Sexual Assault Victim Advocate Center (SAVA) 921 8th Ave Court, Grl 970 506-4059
UCHealth Senior Services/Aspen Club (Medicare counseling) 970 495-8560

Dental Assistance

Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl 970 400-6629
DentaQuest (Medicaid) 855 225-1729

Durable Medical Equipment

Aerocare 3640 West 10th St, Grl 970 584-1020
Alliance Medical Group 914 11th Ave, Grl 970 353-3316
Banner Home Medical Equipment 1990 59th Ave, Ste 300, Grl 970 810-6420
Certified Prosthetics & Orthotics 1620 25th Ave, Ste A, Grl 970 356-2123
Don Paul Respiratory 965 59th Ave, Unit C, Grl 970 356-0210
Frontier Access & Mobility 819 E Mulberry, FtC 970 223-8267
Good Day Pharmacy Eaton, Greeley, Johnstown & Longmont 970 461-1975
GoodHealthWill 2393 West 27th St, Ste 52-B, Grl 970 515-6935
Grace Medical Supplies 866 514-7223
Home Safety 315 N 11th Ave, Grl 970 400-6305
Lincare 2533 11th Ave, Grl 970 356-1506
Physician's Choice Medical 7000 Broadway, Ste 200, Denver 303 429-7300
RCC 3109 35th Ave, Ste C, Grl 970 356-9078
Shield Healthcare 18150 East 32nd Pl, Unit c, Aurora 800 525-8049

Elder Abuse (including Scams and Fraud)

Adult Protective Services: 315 N. 11th Ave, Grl Edu 970 400-6109 /Report 970 346-7676
Colorado Consumer Line/AARP Foundation, Elderwatch 800 222-4444 option 2

ACTIVE ADULT CENTER OPEN HOUSE

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GreeleyActiveAdultCenter.com

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¡Hablamos Español!

Not connected to the Federal Medicare Program. This is a solicitation for insurance.

Ager's Resource Guide

Long-Term Care Ombudsman 315 N. 11th Ave, Grl 970 400-6128

Employment

Division of Vocational Rehabilitation 5250 Hans Peak Dr, Ste 120 Lvd 970 235-7072
 SER – Senior Community Service Employment Program 877 872-5627
 Weld County Employment Services 315 N. 11th Ave, Grl 970 400-6731

Energy Assistance

Energy Outreach Colorado 300 825-8750
 Energy Resource Center (weatherization) 3543 South Lincoln Ave, Ste 2, Lvd 970 617-2801
 Low-Income Energy Assistance Program (LEAP) 866 432-8435 / Furnace Repair (855) 469-4328

Financial Assistance

Assurance Wireless (cell phones) 888 321-5880
 Carbon Valley Help Center 150 Buchanan Ave, Firestone 303 833-6626
 Catholic Charities of Weld County 1442 North 11th Ave, Grl 970 616-8615
 Salvation Army 1119 6th St, Grl 970 346-1661
 Social Security Administration 5400 West 11th St, Grl 800 772-1213 / Grl Office 877 405-9195
 United Way 2-1-1 814 9th St, Grl 2-1-1 or 970 353-8808
 Weld County Department of Human Services 970 352-1551 option 4

Food

Carbon Valley Help Center 150 Buchanan Ave, Firestone 303 833-6626
 Food Assistance Program 2950 9th St, Fort Lupton 303 857-4052
 Food Assistance Program 315 N. 11th Ave, Grl 970 352-1551
 Friendly Fork 970 400-6132
 King Soopers Homeshop Delivery Service 800 677-5464
 Meals on Wheels 2131 9th St, Grl 970 353-9738
 Meals on Wheels 300 1st St, Firestone 303 833-3021
 RSVP Volunteers in Service 970 515-5125
 Salvation Army 1119 6th St, Grl 970 346-1661
 United Way 2-1-1 814 9th St, Grl 2-1-1 or 970 353-8808
 Weld Food Bank 1108 H St, Grl 970 356-2199

Health Education and Wellness

Community Wellness Line (NCMC) 1801 16th St, Grl 970 810-6633
 UCHealth Senior Services/Aspen Club 970 495-8558
 Weld Aging Well 315 North 11th Ave, Bld C, Grl 970 400-6117

Hearing Assistance

Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl 970 400-6629
 UNC Speech-Language Pathology & Audiology Clinic, Gunter Hall, 501 20th St, Grl 970 351-2012

Home Care Agencies/Home Health

A Little R & R Home Care 1966 West 15th St, Ste 1, Lvd 970 667-1067
 Accent Care 4065 St Cloud Dr, Ste 200 Lvd 979 346-9700
 Altitude Home Care 1023 39th Ave, Ste L, Grl 970 352-5433
 Amada Senior Care 2850 McClelland Dr, Ste 1900, Ftc 970 237-5747
 Amazing Care Home Health Services, Inc. 5285 McWhinney Blvd, Ste 160, Lvd 970 286-6980
 America's Best Home Care, Inc. 3760 Vance St, Ste 200-A, Wheat Ridge 720 431-7974

Andrea's Angels 3819 Saint Vrain St, Unit D, Evans 970 352-4124
 Angels of Care Pediatric Home Health 1515 Fortin Blvd, Ste 150 Pueblo 719 299-0244
 Argus Front Range Home Care 720 S. Colorado Blvd, Ste. 600N, Glendale 800 288-3961
 Banner Home Care 5628 West 19th St, Ste 1, Grl 970 810-6222
 Bayada Home Health Care 5285 McWhinney Blvd, Ste 140, Lvd 970 282-8500
 BrightStar Care 918 13th St, Grl 970 999-0535
 Canyon Home Care and Hospice 4850 Hahns Peak Dr, Ste 100, Lvd 970 330-5655
 Caring Hearts 6801 West 20th St, Unit 207, Grl 970 378-1409
 Charter Healthcare of No CO 3855 Precision Dr, Ste 120, Lvd 970 667-2273
 Colorado Home Care 2102 South Garfield Ave, Lvd 970 635-2970
 ComForCare Home Care 541 Garden Dr, Unit O, Ste 100, Windsor 970 460-9947
 Complete Home Health Care 2095 W. 6th Ave, Ste 209, Brm 720 652-0292
 Elevate Home Care 310 Lashley St, Ste 109, Lngt 303 357-5631
 Encompass Home Health Care 2171 Citrine Ct., Lvd 970 493-8500
 Family Home Health Services 1790 30th St, Ste 350, Bldr 720 274-5974
 Family Tree Private Care 636 Coffman St, Ste 102, Lngt 720 204-6083
 First Light Home Care 361 71st Ave, Ste 104, Grl 970 515-5025
 Home Helpers 9101 Pearl St, Thornton 720 442-8156
 Home Instead 251 Boardwalk Dr, FtC 970 494-0289
 Homewatch CareGivers 1220 West Ash St, Windsor 970 674-9723
 HomeWell Senior Care 3001 N. Taft Ave, Ste 100, Lvd 970 461-4799
 Humble Horizon Home Health LLC 242 Linden St. Ste 204, Ftc 970 305-0301
 InnovAge Colorado PACE 1303 East 11th St, Lvd 970 800-5500
 Interim Health Care 2000 Vermont Dr. Ste 100, FtC 970 472-4180
 Maxim Healthcare Services 3665 John F. Kennedy Pkwy, Bld2, Ste 330, Ftc 970 493-9300
 PASCO 9197 West 6th Ave, Mb 100, Lakewood 303 233-3122
 PeopleCare Health Services 200 East 7th St, Ste 416, Lvd 970 399-8714
 Preferred Home Health 2802 Madison Square Dr, Ste 100, Lvd 970 776-1970
 Right at Home 300 E. Mulberry St, Ftc 970 494-1111
 Senior Helpers 1051 South 6th St, Grl 970 658-8228
 Seniors Helping Seniors 2290 E Prospect Rd, Ste 6, Ftc 970 484-8445
 Synergy Homecare 2919 17th Ave, Ste 215, Lngt 720 204-5788
 Team Select Home Care 3855 Precision Dr, Ste 150, Lvd 970 206-8288
 TRU PACE 2593 Park Lane, Lafayette 303 665-0115
 Visiting Angels 5441 Boeing Dr, Nb 200, Lvd 970 292-5668

Home Repair/Weatherization

Habitat for Humanity 104 North 16th Ave, Grl 970 351-6766
 Home Weatherization/Energy Resource Center 3543 South Lincoln Ave, Ste 2, Lvd 970 617-2801
 Urban Renewal 1000 10th St, Grl 970 350-9380
 Weld County Housing Authority 903 6th St, Grl, 970 353-7437

Homeless Shelters and Services

Cold Weather Shelter (Nov 1–Apr 15, 7 p.m.–7 a.m.) 820 28th St., Grl 970 353-3720
 Guadalupe Community Center and Shelter 1442 North 11th Ave, Grl 970 353-3720
 Housing Navigation Center 2930 820 28th St., Grl 970 515-6281

Hospice and Palliative Services

AccentCare 1180 Main St, Ste 9, Windsor 970 346-9700
 Auburn Crest Hospice 2680 Abarr Dr, Lvd 970 775-7022
 Banner Hospice of Northern Colorado 2726 West 11th St Rd, Grl 970 352-8487
 Bristol Hospice 3770 Puritan Way, Unit E, Frederick 970 619-8378
 Canyon Home Care and Hospice 350 East 7th St, Ste 2, Lvd, 970 330-5655

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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 UCHealth Aspen Club for assistance:
 970.495.8558 or 970.495.8560.



Ager's Resource Guide

Charter Healthcare of Northern Colorado 1562 Taurus Ct, Lvd
 Colorado Visiting Nursing Association 6750 West 52nd Ave, Arvada
 Pathways 2525 West 16th St, Ste C, Grl

970 667-2273
 970 535-0870
 970 356-4090

Hospitals and Clinics

Banner North Colorado Emergency Care 2000 70th Ave, Grl
 Greeley Emergency and Surgery Center (UCH) 6906 10th St, Grl
 North Colorado Medical Center 1801 16th St, Grl
 Salud Clinic 1860 Egbert St, Brighton
 Salud Clinic 1115 2nd St, Fort Lupton
 Salud Clinic 5995 Iris Pkwy, Frederick
 Sunrise Adelante Clinic 1010 A St, Grl
 Sunrise Health 2930 11th Ave, Evans
 UCHealth Grl Hospital 6767 West 29th St, Grl

970 810-2636
 970 392-4320
 970 810-4121
 303 697-2583
 303 697-2583
 303 697-2583
 970 313-0400
 970 353-9403
 970 652-2000

Housing: Assisted Living State Licensed

Aladdin 15 South Ash St, Keenesburg
 Assisted Living at Greeley 218 1/2 10th St, Grl
 Birch Assisted Living 1819 Birch Ave, Grl
 Bright Assisted Living 610 Hemlock Dr, Windsor
 Brookdale Greeley 1999 West 38th Ave, Grl
 Charleston Assisted Living 2866 Ironwood Circle, Erie
 Charleston at Keenesburg 195 Gandy Ave, Keenesburg
 Columbine Commons 1475 Main St, Windsor
 Coyote Creek Memory Care 1150 4th St, Fort Lupton
 Garden Square at Westlake 3151 West 20th St, Grl
 Garden Square of Greeley 1663 29th Ave Place, Grl
 Good Samaritan Water Valley 1831 Compassion Ct, Windsor
 Grace Pointe 1919 68th Ave, Grl
 Greeley Village 1090 43rd Ave, Grl
 The Bridge 4750 25th St, Grl
 The Lodge 4430 24th St Rd, Grl
 Maxwell Center 1700 7th Ave, Grl
 MeadowView of Greeley 5300 West 29th St, Grl
 Memorial Park 1805 32nd St, Evans
 Planet View Assisted Living 3705 Carson Ave, Evans
 Stephens Farm Brain Injury Campus 2778 Reservoir Rd, Grl
 WindSong at Northridge 7010 West 8th St, Grl

303 732-4856
 970 515-6952
 970 346-1150
 970 674-1446
 970 330-9500
 720 645-1196
 720 645-1196
 970 449-5540
 303 857-1921
 970 346-1222
 970 336-9063
 970 674-5511
 970 304-1919
 970 646-4850
 970 339-0022
 970 939-5700
 970 353-1956
 970 353-6800
 970 351-6547
 970 330-5133
 970 506-0008
 970 449-7199

Housing: Greeley/Evans Subsidized / Low Rent

Birchwood Apartments 2830 27th St Ln, Grl
 Broadview Apartments 2915 West 8th St, Grl
 Camelot Apartments 1726 8th Ave, Grl
 Centennial Village Apartments 2205 37th St, Evans
 Chinook Wind Apartments 6616 10th St, Grl
 Fox Run 1300 60th Ave, Grl
 Greeley Manor 1000 13th St, Grl
 Greeley Senior Housing 1717 30th St, Grl
 Greeley/Weld Housing Authority 903 6th St, Grl
 Hope Apartments 2730 28th Ave, Grl
 Housing Navigation Center 2930 11th Ave, Evans
 Immaculata Plaza 530 10th Ave, Grl
 Island Grove Village 119 14th Ave, Grl

970 330-6206
 970 352-9305
 970 339-2444
 970 330-1160
 970 353-2778
 800 466-7722
 970 356-5489
 970 395-0822
 970 353-7437
 970 339-2444
 970 515-6281
 970 356-0610
 970 356-2808

Joe P. Martinez 1701 2nd St, Grl
 La Casa Rosa 1011 C St, Grl
 Meeker Commons 505 9th Ave, Grl
 Peakview Trails 1512 60th Ave, Grl
 The Pine at Southmoor 2162 30th St, Grl
 Twin Rivers Apartments 6616 10th St, Grl
 University Plaza 1534 11th Ave, Grl
 Woodside Village Apartments 144 East 24th St, Grl

970 356-2332
 970 353-7437
 970 378-9393
 970 353-7437 x1011
 970 356-4059
 970 353-1433
 970 353-9275
 970 356-5991

Housing: Seniors Only Non-Subsidized

55 Resort Apartments 500 Apex Dr, Windsor
 Good Samaritan Society Fox Run 1720 60th Ave, Grl
 Good Samaritan Society Water Valley 805 Compassion Dr, Windsor
 Greeley Place 1051 6th St, Grl

970 372-0494
 970 353-7773
 970 686-2743
 970 351-0683

Housing: Weld County (Sub/Low Rent)

Ault: Villa Fourteen 214 Birch Ave, Ault
 Dacono: Senior Apartments 412 7th St, Dacono
 Eaton: Benjamin Square 55 Juniper Ave, Eaton
 Erie: Victor F. Smith Senior Housing 800 High St, Erie
 Fort Lupton: Adams Park 451 Rollie Ave, Fort Lupton
 Fort Lupton: Columbine Court 400 2nd St, Fort Lupton
 Fort Lupton: Crane Court 240 South Denver Ave, Fort Lupton
 Hudson: Prairie View 1151 Main St, Hudson
 Johnstown: Columbine Complex 202 North Grl Ave, Johnstown
 Keenesburg: Timberwood 250 East Woodward Ave, Keenesburg
 Kersey: Latham Manor 109 1st St, Kersey
 Milliken: Dove Valley Senior Community 1101 Sandpiper Ln, Milliken
 Windsor: Century III 1027 Walnut St, Windsor
 Windsor: Governor's Farm 701 6th St, Windsor

970 834-1570
 970 353-7437
 970 454-3338
 303 832-1302
 303 857-4056
 303 857-4400
 303 857-4400
 303 536-4501
 970 587-2600
 303 732-4221
 970 351-8229
 970 667-3232
 970 686-5576
 970 686-9650

Information and Referral

ADRC 315 North 11th Ave, Bld C, Grl
 Carbon Valley Help Center 150 Buchanan Ave, Firestone
 Catholic Charities 1442 North 11th Ave, Grl
 Eldercare Locator (National)
 United Way 2-1-1

970 400-6952 / State: 844 265-2372
 303 833-6626
 970 353-6433
 800 677-1116
 2-1-1 or 970 353-8808

In-Home Services

In-Home Services Program 315 North 11th Ave, Bld C, Grl

970 400-6305

Medicaid/Medicare

Medicaid 2950 9th St, Fort Lupton
 Medicaid 315 North 11th Ave, Bld C, Grl
 Medicare - Claims
 Medicare Counseling (SHIP - Aspen Club)
 Medicare Quality Improvement Organization (KEPRO)
 State Health Insurance Assistance Program (Colorado SHIP)

303 857-4052
 970 352-1551 / Hotline 800 221-3943
 800 332-6681
 970 495-8560
 844 430-9504
 888 696-7213

Mental Health Services



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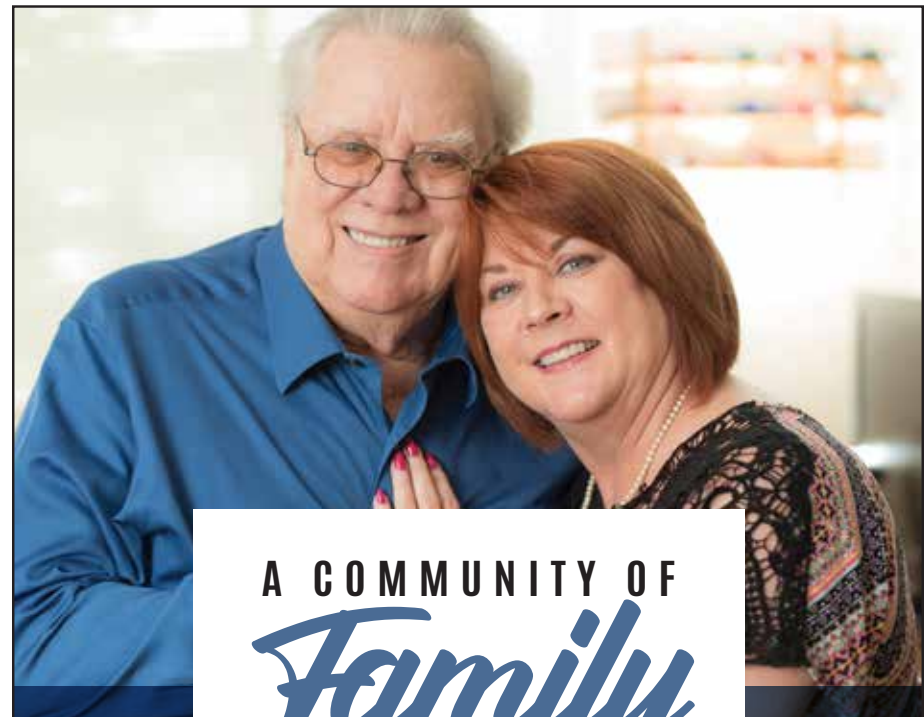
When you join the Colorado Longitudinal Study, you become part of a movement that is trailblazing innovative health research. Here in Colorado, we are forging a path toward health equity to promote a higher quality of life for everyone in our community.

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QUALITY ASSISTED LIVING

Ager's Resource Guide

Crisis Support Services 928 12th St, Grl (walk-in 2 4/7/365)
 Geriatric Behavioral Health Unit 1000 Lincoln St, Fort Morgan
 Johnston Heights Behavioral Health 4770 Larimer Parkway, Johnstown
 National Suicide Prevention Lifeline 24/7/365
 North Range Behavioral Health

970 347-2120
 970 542-4357
 970 323-7709
 800 273-8255
 970 347-2120

Nursing Homes

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

970 353-1017
 970 449-5540
 970 353-3370
 970 304-1919
 970 330-6400
 970 686-7474
 970 702-7400
 970 356-8181

Ombudsman

Long-Term Care Ombudsman 315 North 11th Ave, Bld C, Grl

970 400-6128

Personal Alert Systems

American Medical Alert/ VRI 350 East 7th St, Ste 11, Lvd
 Argus Home Health Care 720 South Colorado Blvd, Ste 600-N, Denver
 Banner Lifeline 5628 West 19th St, Ste 1, Grl
 Ever Present Systems PO Box 136, Longmont
 Guardian Medical Monitoring
 Interim Health Care 2000 Vermont Dr, Ste 11, FtC
 LifeFone
 PeopleCare Health Services 200 East 7th St, Ste 416, Lvd
 Phillips Lifeline
 Sunrise Community Clinic 2930 11th Ave, Evans
 United Way 2-1-1 814 9th St, Grl

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

Prescription Assistance

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

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

Respite Care: Day

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

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

Senior Centers/Recreation

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

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

Johnstown: 101 West Charlotte St, Johnstown
 Kersey: 215 2nd St, Kersey
 LaSalle: 101 Todd Ave, LaSalle
 Lochbuie: 501 Willow Dr, Lochbuie
 Mead: 441 3rd St, Mead
 Milliken: 1101 Broad St, Milliken
 Nunn: 775 3rd St, Nunn
 Pierce: 221 Main Ave, Pierce
 Platteville: 508 Reynolds Ave, Platteville
 Rodarte: 920 A St, Grl
 Windsor: 250 North 11th St, Windsor

970 587-5251
 970 353-1681 X2
 970 284-0900
 303 659-8262
 970 535-4477
 970 660-5040
 970 897-2459
 970 834-2655
 720 815-8136
 970 350-9430
 970 674-3500

Tax Assistance

AARP Tax Aide
 Aims Community College
 Colorado Property Tax/Rent/Heat Rebate Program
 Internal Revenue Service
 Senior Property Tax Exemption 1400 North 17th Ave, Grl

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

Transportation

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

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

Veterans Services

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

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

Vision Assistance

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

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

Volunteer Opportunities

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

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



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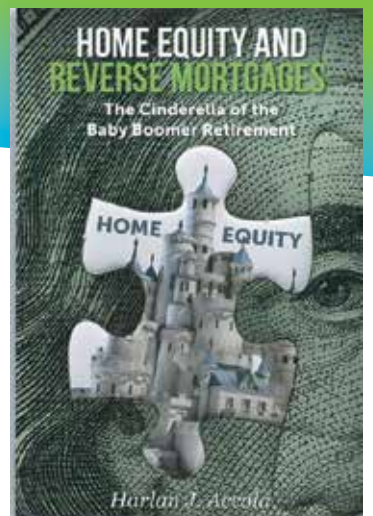
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BBB Scam Alert: Responding To That Phony Bank Text Message Could Cost You Thousands



One of scammers' favorite tactics is impersonating a person or organization you know and trust. This time, con artists are impersonating your bank.

How the scam works
You receive a text message that looks like a fraud alert from your bank. It claims there is some unusual activity in your account. It may read: "Bank Fraud Alert – Did you approve a transaction for \$1,000? Reply YES or NO." If you reply to the text, the scammer now knows they have an active number – and a person to scam.

The scam doesn't end there. The scammer will call you to follow up, and the number will appear in the caller ID as coming from your bank. When you answer, the caller claims to be a bank representative who can help stop the fraudulent charges. To do so, you need to send money to yourself using Zelle or another digital wallet app. The caller walks you through connecting the app to your bank account. Then, they ask you to verify the connection by sharing the code your bank sent.

Don't do it! If you give the scammer your verification code, they can set up an account with your phone number and email – but their bank account information. If that happens, when you send money to "yourself," you're sending money to the scammer. Disputing the charges will be difficult because the scammer has tricked you into approving the transaction. Sending money through a digital wallet app is like using cash, making it hard to get your money back.

How to avoid bank fraud scams
Understand your bank's policies. Know that your bank will never ask you to send money to yourself.

Watch out for fake caller IDs. Scammers can spoof caller ID names and numbers to make you think you are receiving a call from a reputable source.

Never share one-time passcodes. Scammers can use one-time passcodes from your bank or any other company to access your accounts and change information.

Contact your bank if you suspect a scam. If you receive an unsolicited call, text, or email that you suspect is a scam, contact your bank immediately and let them know.

Don't reply to suspicious texts. Ignore any instructions to reply yes or no if you receive an unsolicited, suspicious text message.

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Colorado Gerontological Society

Pay Taxes, Buy Food, or Lose Your Home The Dilemma Facing Many Older Adults



Eileen Doherty

Denver, CO. Older adults are concerned about the increases in their property taxes that are due in 2024 for tax year 2023. While the Colorado legislature has taken temporary measures to limit the increase, your taxes may still be more than you can afford.

Colorado offers the Senior Property Tax Deferral Program, but not many individuals have taken advantage of the program. However, more people may need to use the program in 2024, rather than face not buying food or worse, losing their home to a tax sale for non-payment of taxes.

When you apply for the Deferral Program, the state will pay your property taxes and place a lien on your property with interest. The interest rate for 2024 is approximately 4.5%. While some individuals do not want a tax lien on their property, it may be the only way to avoid losing your home to a tax

sale. The lien can be paid when you have the funds or when you sell the home. The lien must be renewed annually.

To apply, you must be age 65 or over and own your home or be paying a mortgage. You must reside in the home (unless you are in a care facility due to ill health). All previous taxes must be paid in full. The total value of all the liens and mortgages must be less than 75% of the actual value of the property to qualify.

The application must be filed between January 1 and April 1, 2024. To check eligibility and apply visit <https://colorado.property-taxdeferral.com/home> or call 833-534-2513.

Homeowners may qualify for the property tax deferral, as well as the senior property tax homestead exemption.

For information, 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.

Genealogy Rocks!



Carol Darrow

The local library in the town or county where your ancestors lived (for 10-100 years) is an excellent place to start your research. This

is the place where your ancestors lived and died, married, had children, paid taxes, bought and sold land. Other researchers are also interested in your family and may have deposited information about your ancestor and his extended family in this library. This is also the most likely place to find copies of local newspapers.

Google.com the county and/or town and state plus "public library" for the address and phone number of the local facility.

The Central Denver Public Library has a wealth of resources available to people doing research about Colorado and Denver. Free indexes are available online with or without a library card. Go to DenverLibrary.org and click on the Research tab. Select "Popular Topics" and then "Genealogy & Obituaries." Here's a partial list of what you'll find:

- 10th Mountain Division (World War II) Name Lookup Index
- 1885 Colorado State Census for Arapahoe County including

the City of Denver

- Arapahoe County Coroner's Reports, 1876-1891 Index
- Calvary (Catholic) Cemetery Lot Purchases, 1889-1893
- Clear Creek Pioneer Index
- Colorado 1861 Territorial Election Voters
- Colorado Directory of Mines by County
- Colorado Divorces, 1861-1941
- Colorado Marriages Index, 1858-1939
- Colorado Obituary Project – 50,000 non-Denver obituary indexes, 1970-1990
- Colorado Statesman Newspaper Index, 1904-1954 of African-Americans
- Denver Marriages, 1940-1974
- Denver Obituary Project, 1913-2016 from Denver Post and Rocky Mountain News
- Douglas County, Colorado, Marriages, 1800-2000
- Mining Fatalities – Colorado 1844-1981 (includes person information, dates, mine name, cause of death).
- Real Pioneers of Colorado – 1,400 names of pioneers in Colorado prior to Feb. 26, 1861

Now think about what information might be available at the local library in your ancestor's home town. Happy hunting!

Carol Darrow teaches free Beginning Genealogy classes via Zoom on the second Saturday of the month. Register at cogensoc.us.

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Pets Are Family

Responsible Pet Ownership Month



Judy Calhoun

With February being Responsible Pet Ownership Month, we take a moment to recognize that while the love and loyalty our companions offer are boundless, the responsibilities that accompany pet ownership are equally profound. Embarking on the journey of caring for a pet isn't a temporary commitment; it's a lifelong partnership filled with adventures, laughter, and, yes, a fair share of challenges. As we honor Responsible Pet Ownership Month, let's take a quick look at ways we can be ultimate rock stars for our furry, feathered, and scaled friends!

First and foremost, taking your pet to the veterinarian is a fundamental aspect of responsible pet ownership, and its importance extends beyond just addressing illnesses. A veterinary visit can provide preventive care, early detection of health issues, dental health, nutritional guidance, behavioral consultations, microchipping, professional advice, and more. Establish a connection with a veterinarian

who will get to know your pet over time, and schedule routine visits throughout the year.

Secondly, familiarize yourself with facts, lifestyle habits, and behavioral traits of your pet's specific breed and species, and use that knowledge to

best satisfy their needs and desires. Lastly, proper nutrition and daily exercise help influence the health, longevity, and overall well-being of your pet. Always consult with your veterinarian to tailor a nutrition and exercise plan that suits your pet's specific needs and lifestyle. Daily walks, trips to the dog park, puzzle toys, socialization, treat management, etc. are a few examples of the many ways we can provide enrichment and a healthy lifestyle for our pets.

Pets are family, and to ensure our beloved companions live healthy and fulfilling lives, it is our responsibility, as pet owners, to ensure all of their needs are understood and satisfied. Learn more at nocohumane.org.

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Pet Safety During Cold Weather

You're probably already aware of the risks posed by warm weather and leaving pets in hot cars. But do you know that cold weather also poses serious threats to animals' health.

Know the limits: Short-haired pets feel the cold faster because they have less protection, and short-legged pets may become cold faster because their bellies and bodies are more likely to come into contact with snow-covered ground. The same goes for very young and very old pets. If you need help determining your pet's temperature limits, consult your veterinarian.

Stay inside. Cats and dogs should be kept inside during cold weather. It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's NOT true. Like people, cats and dogs are susceptible to frostbite and hypothermia and generally should be kept inside.

Check the paws: Check your dog's paws frequently for signs of cold-weather injury or damage,

such as cracked or bleeding paw pads. During a walk, a sudden lameness may be due to an injury or may be due to ice accumulation between his/her toes.

Play dress-up: If your dog has a short coat or seems bothered by the cold weather, consider a sweater or dog coat. Have several on hand, so you can use a dry sweater or coat each time your dog goes outside. Wet sweaters or coats can actually make your dog colder. Some pet owners also use booties to protect their dog's feet; if you choose to use them, make sure they fit properly.

Wipe down: During walks, your dog's feet, legs, and belly may pick up de-icing products, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs, and belly to remove these chemicals.

Collar and chip: Many pets become lost in winter because snow and ice can hide recognizable scents to find his/her way back home. Make sure your pet has a well-fitting collar with up-to-date

identification and contact information. A microchip is a more permanent means of identification.

Prevent poisoning: Clean up any antifreeze spills quickly, and keep the containers away from pets, as even small amounts of antifreeze can be deadly. Also keep your pet away from de-icers as these can make your pet sick if swallowed.

Provide shelter: We don't recommend keeping any pet outside for long periods of time, but if you are unable to keep your dog inside during cold weather, provide him/her with a warm, solid shelter against wind. Make sure that they have unlimited access to fresh, non-frozen water (by changing the water frequently or using a pet-safe, heated water bowl). Space heaters and heat lamps should be avoided.

Recognize problems: If your pet is whining, shivering, seems anxious, slows down or stops moving, seems weak, or starts looking for warm places to burrow, get them back inside quickly because they are showing signs of hypothermia.

Frostbite is harder to detect, and may not be fully recognized until a few days after the damage is done. If you suspect your pet has hypothermia or frostbite, consult your veterinarian immediately.

Feed well: Keep your pet at a healthy weight throughout the winter. Some pet owners feel that a little extra weight gives their pet some extra protection from cold, but the health risks associated with that outweigh any potential benefits. Watch your pet's body condition and keep them in the healthy range. Outdoor pets will require more calories in the winter to generate enough body heat and energy to keep them warm – talk to your veterinarian about your pet's nutritional needs during cold weather. Courtesy of American Veterinary Medical Association.

*Help us
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Community*

Weld County Government 2024: Planning For The Future

As we begin the new year, we sat down with Weld County Commissioner Chair Kevin Ross to ask him a few questions about what the board of commissioners is focusing on in 2024.

Q: If there is one word to describe the county's focus for 2024, what would that word be?

A: From the board's perspective, I think that word is growth.

Weld County has been experiencing a rapid increase in growth — we've been one of the fastest growing counties in the state for several years — and with growth comes an increase in the need to provide services. As county government, we as a board need to make sure we are preparing and responding to that growth proactively and thoughtfully. From our budget to our buildings, we need to not only plan for next year but also for five, 10 and 20 years down the road.

Q: Can you talk more about how growth impacts county government and why it's important for residents to understand?

A: Sure. Most of the population of Weld County lives in municipalities, so they are most familiar with their municipal government — their local fire and police agencies, their local public works crews who maintain their roads, their mayors and city or town councils who pass ordinances and approve projects. We hear from a lot of people, ac-

tually, who don't really know what county government does.

But think about this. When you need emergency assistance, you call 911. Weld County Government runs the 911 call center. When a disaster, like a tornado, comes through Weld County, our Office of Emergency Management assists with resources and recovery. If you like to stay off the highways as you travel from one town to another, you're likely on a county-maintained road. Do you like driving on Weld County Road 49? That's county built and maintained. Do you feel safer when law enforcement can get dangerous people off of the street? The county runs the jail.

From elections and motor vehicles, to health clinics, to law enforcement patrols, to road maintenance and snow plowing, to land-use, to human services programs and so much more, county government works quietly in the background to make sure those things happen as efficiently as possible.

More people moving into our county means more people on our roads, more houses in both the incorporated and unincorporated areas, more individuals needing some form of help — be that emergency services or human services. It's important to plan proactively for all of this.

Blocks with the words excellence, results customer, values and

consistency printed on them.

Q: Why is Weld County experiencing so much growth compared to other areas of the state?

A: There's no one answer to this, but if there was, I think it would be cost of living. Weld County has a long and proud tradition of being fiscally responsible, as have many of our municipalities. It just costs less to live here. And we have room — room for growth; especially compared to other counties along the Front Range.

I also think, though, the values Weld County holds and demonstrates are representative of who we are as a community, and that resonates with a lot of people right now. Personal responsibility, private property rights, limited government — residents have that here, and I think others are coming here because they are drawn to that as well.

Q: So, what are the challenges for the county in preparing for this population growth?

A: The board of commissioners wants to make sure we are planning for growth in a way that remains true to Weld County's philosophy of government: to provide great service to our residents and not grow government for the sake of growing government. That said, with more people needing more services, the board wants to make sure county departments are able to maintain that level of service, so some growth within county gov-

ernment will be needed. We are already looking at how that process looks moving forward. Can we utilize technology in ways we haven't that will allow us to provide and even improve our services? Can we think of innovative ways to handle an increase of service needs without necessarily adding FTEs [full-time employees]? These are all questions we are asking our departments to work through now.

An aerial view of the roundabout being constructed at the intersection of Weld County Road 74 and 33.

Q: Is this growth bad?

A: Absolutely not. Growth means we are doing things right — our county and our municipalities. People want to be here, and that's awesome! We just need to make sure that we handle the challenges and opportunities that growth presents in a way that makes sense for Weld County. We don't want to lose who we are as a county because we didn't plan appropriately.

Q: What does that mean — "lose who we are as a county?"

A: We are an agriculture and energy producing county. That is our economic backbone and our heritage. That's who we are and who we want to be, so planning on how those two industries, which often are paired with our Western heritage and rural lifestyle, remain vital is imperative to the future of Weld County.

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Depending on your situation, you may be able to request

a replacement card without visiting a local office. Choose "Answer a few questions" on the Replacement Card webpage at www.ssa.gov/number-card/replace-card to get started. Even if you can't complete the process online and must visit an office, you can still save yourself time by starting the application online.

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Happy Valentine's Day!

"We loved with a love that was more than love."

Edgar Allan Poe, "Annabel Lee"
"When you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible."

Nora Ephron, "When Harry Met Sally"
"Nobody has ever measured, even poets, how much a heart can hold."
Zelda Fitzgerald

"Roses are red / Violets are blue / Over and over / I choose you."

Author Unknown
"Love is something sent from heaven to worry the hell out of you."

Dolly Parton
"Without Valentine's Day, February would be, well, January."

Jim Gaffigan

"Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything."

Katharine Hepburn
"I don't go by the rule book ... I lead from the heart, not the head."

Princess Diana
"Love is an irresistible desire to be irresistibly desired."

Robert Frost
"Some people are worth melting for."

Frozen
"Take me to your heart, for it's there that I belong."

Elvis Presley
"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

Lucille Ball

Happy Valentines Day

Ron Stern's Travel Series

Evergreen B&B Club: The Best Kept Secret in Affordable Senior Travel



Ron Stern

Seniors seeking affordable lodging options while traveling will love Evergreen B&B Club. For more than four decades, Evergreen Bed and Breakfast Club has been providing seniors affordable accommodations for only \$20 per night. Surprisingly though, many still don't know about this so-called secret that is available to anyone over 50 years of age. They continue to offer comfy digs and a hearty morning breakfast through their vast worldwide network of like-minded fellow travelers.

To enroll, members in North America pay annual dues of \$120 for one year from the joining date. If they live in other countries, then the amount is only \$80 for a full five years. This allows them to travel anywhere and enjoy "non-commercial" bed and breakfast accommodations.

The other requirement is fairly simple. Each member needs to have a spare bedroom or some other type of guest accommodation. They also agree to host when it fits with their schedule and on average, members host 3-5 times per year. As you might imagine, the types of available homes vary widely and can range from modest to luxurious. They could be in the city, country, mountains or even at the waterfront.

Upon arrival, couples pay the \$20 "gratuity" to their host and \$15 if they are a solo traveler. Stays are informal and after an hour or so of friendly conversation, guests are free to plan outside activities

during the day, leaving the hosts to their normal routine. Guests can arrange to stay multiple days upon mutual agreement. Hosts provide clean, comfortable

Composed of retirees, "empty nesters" and others, part of the enjoyment of this club is the opportunity to meet others and learn about each other's backgrounds, interests, hobbies and life experiences. Once they join, access is provided to Evergreen's online membership map and profile guide.

My wife and I recently had the opportunity to try a couple of these recently while on a road trip. We found our hosts to be friendly and gracious and the accommodations spacious and comfy. Best of all, \$20 per night is way better than paying more than \$100 for a "typical" hotel stay.

This was a sponsored visit, however, opinions herein were based on the author's honest opinions.



Evergreen member Barbara Buescher from Gibbon, NE and Kathleen Kavanagh (standing)



Duncan and Stephanie from Palm Desert, CA.

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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!

Valentine's Day Speed Dating

Tuesday, February 13 | 2-4 p.m.
Whether you're a hopeless romantic or just want to meet new people, our speed dating event offers a unique and exciting opportunity to engage in short, meaningful conversations with fellow active adults. Share laughs and stories, maybe discover that special someone as you rotate through brief, one-on-one conversations. Register by February 12.

Greeley Active Adult Center Open House

Tuesday, February 20 | 3-6 p.m.
This exciting event is the perfect opportunity to explore and experience all the amenities our center offers. From fitness classes and social activities to educational programs, you'll discover a vibrant community that

embraces and celebrates active aging. Meet businesses catering to seniors' unique needs and interests during the event. Whether you're looking for health and wellness services or travel opportunities, our event will connect you with trusted providers dedicated to enhancing your quality of life. Free!

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 information 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 <https://greeley-co.municodemetings.com/>

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

Friendly Fork Daily Menu February 2024

Thursday, February 1	Pork Loin with Gravy, Grilled Asparagus with Parmesan, Couscous & Dried Fruit, Apricots, Tapioca Pudding*, 1% Milk
Friday, February 2	Chicken a La King over Parmesan Biscuit, Brussels Sprouts with Side of Malt Vinegar, Apple, Gelatin*, 1% Milk
Monday, February 5	Turkey Club Sandwich on Wheat with Bacon, Swiss, Lettuce, Tomato & Basil Parmesan Sauce, Lentil Soup with Crackers, Sliced Peaches, Pumpkin Spice Sugar Cookie, 1% Milk
Tuesday, February 6	Supreme Pizza Slice, Side Salad with Diced Chicken & Low-Fat Caesar Dressing, Diced Pears, Molasses Cookie, 1% Milk
Wednesday, February 7	Chicken Pesto Alfredo over Penne Pasta, Marinated Vegetables, Banana, Gelatin Parfait*, 1% Milk
Thursday, February 8	Kansas City BBQ Beef Sandwich on Wheat Bun, Coleslaw, Orange Slices, Lemon Crumb Bar, 1% Milk
Friday, February 9	Beef & Mushroom Meatloaf with Ketchup Glaze, Garlic Mashed Potatoes & Beef Gravy, Wheat Roll with Butter, Peas, Pineapple, 1% Milk
Monday, February 12	Beef Tacos with Lettuce, Cheese, Side of Pico de Gallo & Sour Cream, Black Beans, Aztec Corn Sauté, Fruit Salad, 1% Milk
Tuesday, February 13	Chicken Salad Sandwich on Wheat with Lettuce & Tomato, Garden Vegetable Soup with Crackers, Italian Pasta Salad, Blueberries, 1% Milk
Wednesday, February 14	Krautburger with Side of Mustard, Beet/Cucumber/Onion Salad, Honeydew Melon, Pineapple Upside Down Cake, 1% Milk
Thursday, February 15	Grilled Chicken with Rice con Crema, Sautéed Peppers, Wheat Roll with Butter, Apple, 1% Milk
Friday, February 16	Pollock Sandwich with Tomato, Lettuce & Tartar Sauce, Steamed Vegetables, Mixed Fruit, Salted Mixed Nuts*, 1% Milk
Monday, February 19	Closed in Honor of President's Day
Tuesday, February 20	Asian Beef Wrap, Stir Fried Vegetables*, Pork & Vegetable Egg Roll with Side of Sweet & Sour Sauce, Unsalted Peanuts*, Cinnamon Applesauce, 1% Milk
Wednesday, February 21	Beef Stew, Wheat Roll with Butter, Vegetable Pasta Salad, Orange Slices, Cherry Crisp with Almond*, 1% Milk
Thursday, February 22	Austrian-Style Pork over Mashed Potatoes, Three Bean Salad, Banana, 1% Milk
Friday, February 23	Chicken Parmesan over Whole Wheat Penne with Marinara, Breadstick, Caesar Salad, Honeydew Melon, 1% Milk
Monday, February 26	Chicken Stroganoff, Wheat Roll with Butter, Roasted Red Potatoes, Garlic Roasted Green Beans, Orange Slices, 1% Milk
Tuesday, February 27	Salisbury Steak, Mashed Potatoes & Beef Gravy, Wheat Roll with Butter, California Blend Vegetables, Banana, 1% Milk
Wednesday, February 28	Sweet & Sour Pork Stir-Fry with Vegetables, Basmati Rice, Asian-Style Coleslaw, Side of Lite Soy Sauce, Apple, 1% Milk
Thursday, February 29	Hamburger on Wheat Bun with Onion, Tomatoes, Pickles, Ketchup, Mayo & Mustard, Broccoli Pasta Salad, Mango Cubes, Chocolate Rice Krispy Treat, 1% Milk

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



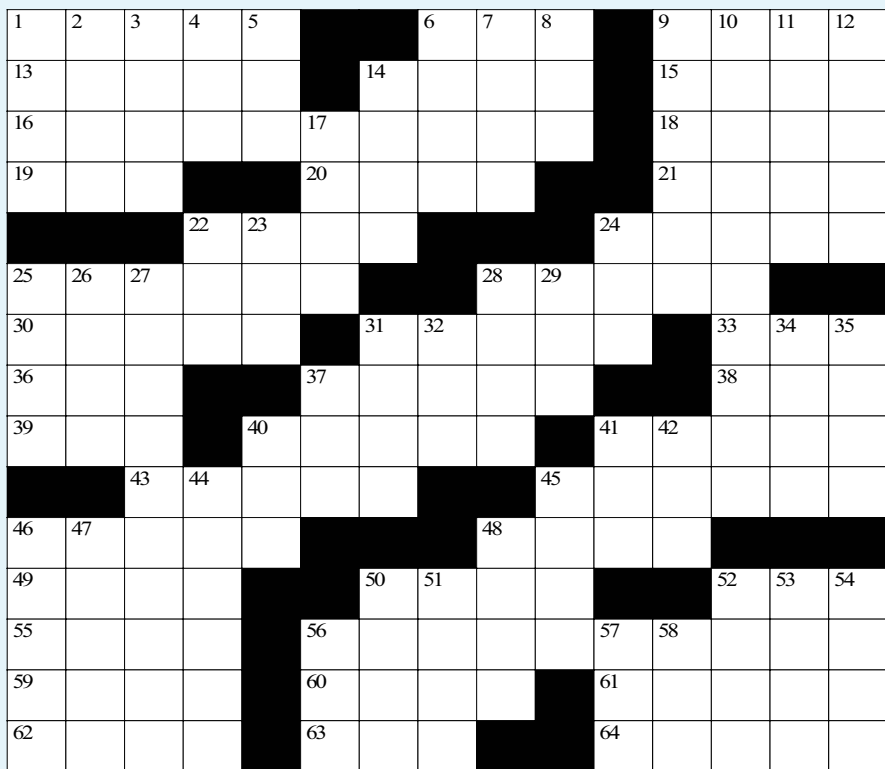
Healthy Foods at Low prices

Also! fresh produce & bread

913 Carbondale Dr.,
Dacono

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

50 Plus Marketplace News Crossword Puzzle



- ACROSS**
- 1 The elbow
 - 6 Mischievous child
 - 9 Stool pigeon
 - 13 Caravansary
 - 14 Spoken
 - 15 Not closed
 - 16 Reckless extravagance
 - 18 Foretell
 - 19 Dip in liquid
 - 20 Hawaiian goose
 - 21 Ripped
 - 22 House rodents
 - 24 Standards
 - 25 Monetary unit of Macao
 - 28 Make into an act
 - 30 Big
 - 31 Woman in charge of a household
 - 33 Electrically charged atom
 - 36 Part of verb to be

- 37 Steer
- 38 Single unit
- 39 Light meal
- 40 Entirely
- 41 Flinch
- 43 Sift
- 45 Skilled
- 46 Prolonged pain
- 48 Cloak
- 49 Damn
- 50 Native of Thailand
- 52 Coloring material
- 55 Musical instrument
- 56 Basis
- 59 In addition to
- 60 Sturdy wool fiber
- 61 Stretch of turf
- 62 Trial
- 63 Lyric poem
- 64 Natives of Poland

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Answers page 13

- DOWN**
- 1 Serpents
 - 2 Emperor of Rome 54-68
 - 3 Harvest
 - 4 Idiot
 - 5 Naught
 - 6 Republic in SW Asia
 - 7 Clublike weapon
 - 8 Wield
 - 9 Algae
 - 10 Assigns
 - 11 Arm again
 - 12 Leg joints
 - 14 Double curve
 - 17 South American Indian
 - 22 Magazine
 - 23 Frozen water
 - 24 Vietnam
 - 25 Plot of ground
 - 26 River in central Switzerland
 - 27 Treasonable
 - 28 Whirlpool
 - 29 Not
 - 31 Hybrid
 - 32 To be unwell
 - 34 A single time
 - 35 Requirement
 - 37 Governor
 - 40 Whimsical
 - 41 Spun by spiders
 - 42 Wrath
 - 44 Incept
 - 45 Empty
 - 46 Take as one's own
 - 47 Architectural feature
 - 48 Tolled
 - 50 Tailless amphibian
 - 51 Enormous
 - 52 Clock face
 - 53 Long ago
 - 54 Finishes
 - 56 From
 - 57 Viper
 - 58 Twain

Senior Complex

62 and better

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Senior Complex

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