

The Future of Our Planet!

If you think eight billion people living on planet Earth is optimal, think again! Many scientists have warned the world about over-population, climate change, starvation, extinction, and bio-diversity issues affecting our planet.

In 2023, our planet had eight billion people. There were only one billion people on the planet at the turn of the 19th century and only a few hundred thousand just 10,000 years ago. Scientists predict 9.8 billion population by 2050.

The world's richest 500 million people in North America and Europe produce half the world's carbon dioxide emissions, the primary greenhouse gas responsible for climate change, whereas the poorest three billion emit just seven percent.

Americans consume 25 percent of the world's energy despite representing just 5 percent of global population, and the band of industrialized nations combine to waste 222 million metric tons of food per year, according to the UN Food and

Agriculture Organization.

As for how many people our planet can sustain, the first such estimate in 1679 came from microbiologist Anton van Leeuwenhoek who calculated roughly 13.4 billion. A 1994 scientific study estimated optimal population size based on the minimal land needed for food production (0.5 hectare per person) and soil conservation, resulting in a population size of three billion people. Growth is expected to occur mostly in Africa, and abate in the Americas, Europe, and parts of Asia, especially as families in more-developed nations have fewer children. However, many overpopulated countries will need to slow their growth due to environmental concerns.

ABC TV's 2010 special "Earth 2100" and 2020 PBS TV special "Extinction Facts" indicated a major environmental problem with over population, lack of food and water, climate change, wildlife species extinction, and habitat destruction between 2075 to 2100 (maybe sooner)

affecting our planet.

More farmland is disappearing worldwide for housing demands and water supplies are not keeping up with the population demands. Plus, we have drought problems in the more populated areas or flooding attributed to the climate changes. If you notice in your local cities, you see new housing developments appearing every year to keep up with the population demands.

What is most alarming is our wildlife is declining quickly. The World Wildlife Foundation indicated in 2020 that 60% of our wildlife has been decimated in the last 50 years. One of the major problems with the extinction of our wildlife is the severe killing of many species for their fur, heads, tusks, or horns, which many cultures consider for either financial, religious, sexual, or medical reasons. Another wildlife problem is the worldwide wildfires. Remember when the USA promoted mink or sable coats until they were outlawed? This should be hap-

pening for all species worldwide, but sadly isn't!

And now, the threat of conflicts with either China, Russia, North Korea and/or the Middle East may depend on our next presidential election. With Europe and the USA in defensive positions against these major threats, early predictions show the Asian countries could easily win today, but in the near future it would be either a tie or in NATO's favor with the latest technology weapons. But for sure, both sides would likely have some or high casualties, which happens in every conflict and could determine the future of our planet.

And the need to colonize another planet such as Mars or further out will be imperative as our planet will be in serious environmental trouble unless changes are made in this decade.

However these major conflicts turn out, we have some major challenges ahead of us with hopefully the world leaders will fix before extreme measures are required! Sources: UN, WWF, ABC & PBS TV, & Pew Research Center.

UCCC Features

Blackhawk Country Music Legend

Union Colony Civic Center (UCCC) in Greeley will be featuring BlackHawk country and western group on March 13 at 7 pm. BlackHawk is a country band with over 20 years of history, who has sold over seven million albums and remains popular for their distinctive '90s hits and dynamic live shows. Co-founded by Henry Paul, Van Stephenson, and Dave Robbins, they brought unique harmonies and a blend of Southern Rock and pop sensibilities to country music.

Their 1993 debut album featured hits like "Goodbye Says It All" and "Every Once in a While," leading to double-platinum success and multiple hit albums.

Despite radio challenges and Van Stephenson's tragic death from melanoma in 2001, the band continued, raising funds for cancer research, and releasing more albums including "Greatest Hits" and "Brothers Of The Southland." Henry and Dave maintain the band's legacy, engaging a new generation of fans with their authentic performances and commitment to their music and each other. Brought to you by Band-Wagon Presents.

Since Van's death on April 8th,

2001, the band and its fans have raised nearly a quarter of a million dollars for The Van Stephenson Memorial Cancer Fund at Nashville's Vanderbilt-Ingram Cancer Center.

Henry and Dave regrouped and soon returned to the album charts with their Greatest Hits – dedicated to Van and featuring his final track "Ships Of Heaven" – as well as 2002's Spirit Dancer and 2011's Down From The Mountain, along with a touring schedule that brought the music to fans like never before. "Our audiences today are often full of 18 to 30 years olds," says Dave. "They listened to us as kids, and still have a love for the music we made. That's a big part of what propels us to keep creating as writers and performers."

For the fans, for the music and for the brotherhood of Henry and Dave, harmony remains a powerful force. BlackHawk continues to record new music including their well-received 2015 Brothers Of The Southland album, a forthcoming Christmas record and an acoustic greatest hits album – and deliver

stellar live shows, backed by an all-star band of veteran country and southern rock players. "BlackHawk has a 20-year history of a certain kind of song craft as well as a quality of performance," Henry says with pride. "People have always come to our shows expecting a concert that is emotionally and musically engaging, and the band still sounds even better than the records, night after night, show after show. When we take the stage, we work as hard as we ever have. We owe it the music, we owe it to ourselves, and Van, and we owe it to the fans. Now more than ever, that's the true legacy of BlackHawk."

Tickets range from \$38 to \$68 and are available online at <https://ucstars.showare.com/> or call 970-356-5000.



INSIDE

Junk Food

Page 3

Changing Addresses

Page 4

Weld Aging Well Programs

Page 5

Night Watch

Page 6

Pet Poison Prevention

Page 9

Senior Nutrition Program

Page 11

MARCH Calendar

Thursday/7

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.

Wednesday/13

Union Colony Civic Center (UCCC) in Greeley will be featuring the BlackHawk country and western group on March 13 at 7 pm. BlackHawk is a country band with over 20 years of history. Tickets range from \$38 to \$68 and are available online at <https://ucstars.showare.com/> or call 970-356-5000.

Wednesday/21

The Colorado Gerontological Society presents a free online program on “The High Cost of Rent Dilemma” by Eileen Doherty. Rents in Colorado continue to escalate in Colorado with average rents costing \$1800 per month in the major cities. This session will a) review public benefits to ensure that individuals are taking advantage of all of the benefits; b) identify options to make additional income; and c) ways to reduce rent through shared housing, transportation, and other programs. Please register online at <https://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

Radon Causes Lung Cancer In Non-smokers and Smokers Alike

The Facts...

- Lung cancer kills thousands of Americans every year. Smoking, radon, and secondhand smoke are the leading causes of lung cancer. Although lung cancer can be treated, the survival rate is one of the lowest for those with cancer. From the time of diagnosis, between 11 and 15 percent of those afflicted will live beyond five years, depending upon demographic factors. In many cases lung cancer can be prevented.

- Smoking is the leading cause of lung cancer. Smoking causes an estimated 160,000* cancer deaths in the U.S. every year (American Cancer Society, 2004). And the rate among women is rising. On January 11, 1964, Dr. Luther L. Terry, then U.S. Surgeon General, issued the first warning on the link between smoking and lung cancer. Lung cancer now surpasses breast cancer as the number one cause of death among women. A smoker who is also exposed to

radon has a much higher risk of lung cancer.

- Radon is the number one cause of lung cancer among non-smokers, according to EPA estimates. Overall, radon is the second leading cause of lung cancer. Radon is responsible for about 21,000 lung cancer deaths every year. About 2,900 of these deaths occur among people who have never smoked. On January 13, 2005, Dr. Richard H. Carmona, the U.S. Surgeon General, issued a national health advisory on radon.

- o World Health Organization's international radon project

- Secondhand smoke is the third leading cause of lung cancer and responsible for an estimated 3,000 lung cancer deaths every year. Smoking affects non-smokers by exposing them to secondhand smoke. Exposure to secondhand smoke can have serious consequences for children's health, including asthma attacks, affecting the respiratory tract (bronchi-

tis, pneumonia), and may cause ear infections.

- o For smokers the risk of lung cancer is significant due to the synergistic effects of radon and smoking. For this population about 62 people in a 1,000 will die of lung-cancer, compared to 7.3 people in a 1,000 for never smokers. Put another way, a person who never smoked (never smoker) who is exposed to 1.3 pCi/L has a 2 in 1,000 chance of lung cancer; while a smoker has a 20 in 1,000 chance of dying from lung cancer.



Colorado Attorney General Phil Weiser to Block Proposed Kroger/Albertsons Merger

After a yearlong investigation, Colorado Attorney General Phil Weiser filed a lawsuit in Denver District Court to block the \$24.6 billion proposed merger between Kroger and Albertsons, two of the largest supermarket chains in Colorado. Kroger operates 148 King Soopers and City Market stores and Albertsons operates 105 Safeway and Albertsons stores in the state.

According to the lawsuit, the merger would eliminate head-to-head competition between Kroger and Albertsons and consolidate an already heavily concentrated market, which is bad for Colorado shoppers, workers, and suppliers. The lawsuit also challenges an illegal “no-poach” agreement between the two companies during a 2022 strike when employee movement was a threat to Kroger's operations.

“Coloradans are concerned about undue consolidation and its harmful impacts on consumers, workers, and suppliers,” stated Weiser. “After 19 town halls across the state, I am convinced that Coloradans think this merger between the two supermarket chains would lead to stores closing, higher prices, fewer jobs, worse customer service, and less resilient supply chains.”

Kroger and Albertsons compete head-to-head in several ways. For example, the companies monitor each other closely on price and adjust their prices based on what the

other one is doing. A post-merger Kroger would have the ability to raise prices, pinching consumers. In urban areas, where consumers shop close to home, the consolidation of Kroger and Albertsons stores would create significant market power to raise prices and reduce quality and services. Consumers in other areas of the state would feel the effects even more. For instance, City Market and Safeway are the only supermarkets in Gunnison. The merger would make Kroger the only supermarket in this area, and a Gunnison resident would have to drive 65 miles to Salida or Montrose to reach a non-Kroger store, leaving them at the peril of their supply chain failing.

Kroger and Albertsons also compete for customers in part by offering strong customer service and a quality shopping experience. The King Soopers strike that lasted for 10 days in January 2022 is an example of this competition between the stores. Investigation documents show that consumers overwhelmingly diverted their shopping to Safeway stores during the strike.

The strike also shows that Kroger and Albertsons compete for employees. King Soopers was concerned about losing employees and customers to Safeway during the strike and entered into an agreement with Albertsons whereby Safeway agreed to not hire any King Soopers employees and to

not solicit any of King Soopers' pharmacy customers, according to an email between company executives leading up to the strike. Such no-poach and non-solicitation agreements are illegal under the Colorado State Antitrust Act because they are agreements to not compete.

“In addition to challenging this merger, we are also suing the two companies for a no-poach agreement that harmed workers and blatantly violated antitrust law. No-poach agreements stifle worker mobility and depress wages and non-solicitation agreements harm consumers and raise prices,” explained Weiser.

Kroger and Albertsons also compete to offer the best local products to draw customers into their stores. For example, Kroger and Albertsons often sell Palisade peaches on promotion—and sometimes at a loss—to generate store traffic. This benefits Palisade peach farmers because they can be assured of a fair price and avenues to sell their crops, and it benefits consumers because they have access to great local product at low prices. The same dynamic plays out for other local Colorado products, ranging from produce and other fresh products like meat, dairy, baked goods, or center-store packaged products. The merger would eliminate this head-to-head competition between the companies.

CONTACT

How To Reach Us

email

robert@50plusmarketplaceneews.com

phone

303-694-5512

mailing address

4400 Sioux Dr.
Boulder, CO 80303

website

www.50plusmarketplaceneews.com
www.facebook.com/50plusnews

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 news.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.

Publisher/Editor

Robert A. Trembly II

Contributing Writers

Weld County Senior Centers,
Agencies & Businesses

Marketing Director

Bob Larson

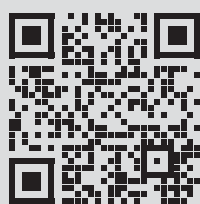
Product Consultants

Michael Buckley
Robert Trembly

Design/Production

Kit Brown

Smart Phone Access



Printed on Recycled Paper

Are You Addicted to Junk Food?

Michael Prager doesn't go near junk food. After he eats a frozen pizza, candy bar or packaged pastry, his head will throb. Then, a craving will hit. Prager, 65, a retired journalist and author in Arlington, Massachusetts, is not alone. One in eight adults ages 50 to 80 show signs of addiction to ultraprocessed foods, or what we call junk food: sugary sodas, salty chips, and fatty fast food according to a 2023 report from the National Poll on Healthy Aging, sponsored by AARP.

Nearly half of older adults experience at least one symptom of junk food addiction, such as intense cravings, an inability to stop eating once they start, or withdrawal symptoms when they try to resist.

The term "ultraprocessed" refers to foods that have been altered by the addition of super-flavoring agents to create irresistible tastes; preservatives to prolong shelf life; food dyes to alter hues; and refined fats and carbohydrates that have been stripped of fiber and other nutrients to improve their texture and appearance.

Sweet, salty, crunchy, creamy fare: From candy bars to chips, from cookies to pastries, these foods have been created to be hyper-palatable so that you'll come back for more. And it's easy to do just that, considering they're

all around us. They line checkout counters in gas stations and grocery stores, and they're stuffed in vending machines at high schools and hospitals.

Today, almost 60 percent of the calories consumed by Americans comes from ultraprocessed food. That figure may help explain why the U.S. has the world's highest obesity rate among high-income countries.

A pivotal 2019 study from the National Institutes of Health found that participants who ate a diet chock full of processed foods: packaged muffins, frozen fish sticks and canned ravioli ended up eating more food and gaining more weight in a two-week window than participants on a more natural diet: oats, fish filets and barley even though the meals and snacks prepared contained a similar number of calories and other nutrients.

The brain is hardwired to favor high-calorie foods. It's an evolutionary trait that helped keep humans alive long before the age of grocery stores. The smell or taste of something sweet or fatty floods the body with feel-good chemicals like dopamine, Gearhardt says.

That's because refined carbs and fat found in highly processed foods and often found in combination can trigger a release of dopamine at levels that surpass what is seen

when, say, an apple is digested. In fact, several experts in the field say the response is more like what we see with nicotine and alcohol.

These foods have also been linked to numerous health issues that plague the 50-plus population, including diabetes, heart disease, cancer, and dementia.

For people looking to dial back their intake, small steps can make a big impact: Cravings build, but they eventually peak and disappear. Next time you get a craving, try waiting it out.

Avoid triggers. Become aware of what environments or situations trigger your food cravings, such as binge-watching TV, and if possible, avoid them.

Packaged doesn't have to mean unhealthy. Lentils come pre-steamed; brown rice can be cooked in one minute in the microwave. Canned beans, frozen vegetables and frozen fruit are other healthy shortcuts.

Don't skip meals. Hunger will make you more vulnerable to cravings. So will giving up foods you enjoy. Aim for three minimally processed meals a day, Gearhardt says.

And then there's abstinence. That's what eventually worked for Prager, who, along with seeking therapy, decided to cut out refined sugar and flour. Article courtesy of AARP.

Elder Law Q & A

Forms of Elder Abuse?



Bill Beyers

Caregiver Neglect

Neglect affects approximately half of abused elders. The Department of Justice (DOJ) reports that caregiver neglect is the most highly underreported form of mistreatment.

Older adults residing in community settings and facilities often rely on others to help them with their basic needs. Caregivers help seniors with activities of daily living (ADLs), such as bathing, dressing, getting in and out of bed, managing meals, and taking medications.

When an individual fails to provide for the needs of an adult in their care, whether intentionally or through oversight, the adult in care can suffer dehydration, bed sores, depression, anxiety, worsening health, premature death. Caregivers in nursing homes and private residences can cause harm through negligence, such as dropping a resident when moving in and out of bed, administering the wrong medication, or failing to provide adequate nutrition.

Mental Abuse

Psychological abuse affects slightly less than half of elder abuse victims. This type of abuse is nonphysical, but it can have a severe impact, often co-occurring with other types of abuse, such as neglect and financial coercion. Caregivers and family members can perpetrate mental abuse.

The following exemplify mental abuse:

- Ignoring or refusing to communicate with an elder
- Yelling at an individual to insult them, put them down, or intimidate them into doing something



Will and Bill Beyers

Wills, Trusts & Probate
Medicaid Planning
Powers of Attorney and
Advance Directives
Guardianships &
Conservatorships
Nursing Home Issues
Medicare & Social Security

- A guardian or surrogate decision-maker forcing their will on an older person

- Name-calling and belittling
- Preventing a senior from seeing friends and family and engaging in community activities

My next article will look at physical and sexual abuse and discuss ways to prevent abuse.

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

BEYERS LAW
LLC

Representing Seniors and
Disabled Persons and
their Families

Member, National
Academy of Elder Law
Attorneys

970-669-1101
PO Box 1346
Loveland, CO 80539
www.BeyersLaw.com

Technology is Hip!

Building the Eiffel Tower



Bob Larson

Recently, I watched PBS-TV's NOVA program on building the famous Eiffel Tower, which is a classic wrought-iron lattice tower in Paris, France. It is named after the engineer Gustave Eiffel, whose company designed and built the tower from 1887 to 1889.

The tower was constructed as the centerpiece of the 1889 World's Fair, and to crown the centennial anniversary of the French Revolution. The tower received over five million visitors in 2022 and is the most visited monument in the world.

Today, the Eiffel Tower, which continues to serve an important role for television and radio broadcasts, is considered an architectural wonder and attracts more visitors than any other paid tourist attraction in the world. The tower is 330 meters (1,083 ft) tall, about the same height as an 81-story building, and the tallest structure in Paris.

The tower has three levels for visitors, with restaurants on the first and second levels. The top level's upper platform is 276 m (906 ft) above the ground, the highest observation deck accessible to the public in the European Union. Tickets can be purchased to ascend by stairs or lift to the first and second levels. Eiffel even had an apartment built at the top.

Back then, nothing remotely like the Eiffel Tower had ever been built! It was twice as high as the dome of St. Peter's in Rome or the Great Pyramid of Giza. The tower was erected in two years (1887-89), with a small labor force at a slight cost, and some resistance by the workers during harsh times. The foundation is an amazing engineering feat that took creative engineering resources to build.

Because of its unique shape, the piers required elevators to ascend on a curve; the glass-cage machines designed by the Otis Elevator Company of the United States became one of the principal features of the building, helping establish it as one of the world's premier tourist attractions. Source: PBS-TV & Wikipedia.

level's upper platform is 276 m (906 ft) above the ground, the highest observation deck accessible to the public in the European Union. Tickets can be purchased to ascend by stairs or lift to the first and second levels. Eiffel even had an apartment built at the top.

Back then, nothing remotely like the Eiffel Tower had ever been built! It was twice as high as the dome of St. Peter's in Rome or the Great Pyramid of Giza. The tower was erected in two years (1887-89), with a small labor force at a slight cost, and some resistance by the workers during harsh times. The foundation is an amazing engineering feat that took creative engineering resources to build.

Because of its unique shape, the piers required elevators to ascend on a curve; the glass-cage machines designed by the Otis Elevator Company of the United States became one of the principal features of the building, helping establish it as one of the world's premier tourist attractions. Source: PBS-TV & Wikipedia.

We Care

Reflections

Changing Addresses



Martha Coffin Evans

I wonder how many different addresses we have had. Better yet, how many addresses will there be in our future.

Being members of military families means a variety of moves both in the US and abroad. The saying was "I'm being moved" for IBM families.

Most likely, we've moved a variety of times whether for school, career, marriage, or even travel. Those serving as Vista Volunteers, in Teach America or the Peace Corps have moved several times.

We've know people who uprooted from one city to move where their children lived. That worked well until those same children were relocated elsewhere leaving the parents behind.

I remember several couples who moved from their communities to the northern part of that particular state. What looked initially as idyllic turned out not to be so. They felt isolated and, in one case, realized the medical facilities were not as accessible. Soon, back they moved near their previous homes.

With aging parents, a question arises who should move where. Do parents move closer to their

children, even crossing state lines to do so? Most commonly, that's the answer.

As with any change, adjustments occur. Finding an acceptable amount of distance between the two families – 20-30 minutes, no more than 60 – can provide a challenge depending on the communities and available housing.

"I don't want to move there because you'll feel you have to see me all the time," commented one mother to her children. She remained in a different state rather than moving closer to her family. All worked well until health problems arose.

No matter the move, establishing connections in a new community or housing complex results in a better experience. Many opportunities exist though community programs, educational offerings, recreational centers, and more.

How many address have you had? What's next?

Martha (Marty) Coffin Evans, Ed.D., is a freelance writer with MACE Associates, LLC. Follow her blog on martycoffinevans.com; email her at itsmemartee@aol.com.

"National Chocolate Cake Day"



Yes, there is such a day! The Bridge in Greeley took the day to heart. Staff, residents, and friends joined together in celebrating the day with fun, laughter, scrumptious chocolate cake, cookies, cup-

cakes, fresh strawberries, and more. Everyone had an enjoyable time. Overheard, "Whatever the question is? The answer is CHOCOLATE!"



On hand to join in the National Chocolate Day fun are The Bridge staff members (l-r) Grace Yoder, Stacy Gonzalez, Cydney Martin, Amy Moore, Sales Director

Join the
Windsong Community with a
presentation on Wills and Trusts
and Colorado's
Plan for You

Presented By
Attorney Matt Meuli

March 28th from 1-2:30pm
Free to the Public! Pastries and
Coffee/Tea will be provided.

RSVP to Genelle Davis

970-449-7199

WINDSONG
at Northridge

Montessori certified facility
7010 W. 8th Street
in Greeley





Joy on the Journey 2024

Happy Days

Our annual family-friendly FUNdraiser with 1950s themed food, games, dancing, and more!

NO ONE HAS TO WALK THE DEMENTIA JOURNEY ALONE.
Your support plays a crucial role in providing education, enrichment, and hope year-round to those living with dementia, their care partners, families and the community.

**THURSDAY 5 TO 8
APRIL 25TH 5 PM**
The Ranch FNBO South Exhibition Hall
5280 Arena Cir. Loveland, CO 80538

TICKETS AVAILABLE ONLINE
DEMENTIATOGETHER.ORG



RSVP by April 18th

970-305-5271
help@dementiatogether.org



Weld Area Agency on Aging

Weld Aging Well Programs

The Weld County Area Agency on Aging has been offering wellness classes since 2008 as guided by the Older Americans Act Disease Prevention and Health Promotion section.



Meredith Skoglund

The Weld Aging Well program encompasses evidence-based workshops and classes to promote health and prevent disease among older adults. They are based on research and provide documented health benefits, so you can be confident they work.

The percentage of older individuals in the population has increased with each decade, and the proportion of persons 75 years and older has grown even faster. As a result, chronic diseases and falls have increased and are now the leading causes of death and disability among older Americans.

Fortunately, both chronic diseases and falls are highly preventable. The Weld Aging Well programs can help turn the tide and raise older adults' quality of life by improving health behaviors, health and functional status, and overall well-being. Older adults that attend a full workshop are more likely to produce positive changes

or outcomes. Some of the benefits of attending include:

- Improved quality of life
- Increased self-efficacy in managing one's health
- Increased or maintained independence, positive health behaviors, or mobility

- Reduced disability (fewer falls, later onset or fewer years of disability, etc.)
- Reduced pain
- Improved mental health (including delays in loss of cognitive function and positive effects on depressive symptoms)

The Weld Aging Well program relies on peer volunteers to lead the workshops and classes. For more information about the various workshops and classes or to volunteer, please visit www.weldaaa.org and click on Weld Aging Well, or contact Jake Luna at (970) 400-6117 or jluna@weld.gov.

*Help us
Help the 50+
Community*

HAPPY EASTER!

"Egg hunts are proof that your children can find things when they really want to." - Unknown

"Our Lord has written the promise of resurrection, not in the books alone, but in every leaf in spring-time." - Martin Luther

"The first blooms of spring always make my heart sing." - S. Brown

"People come together with their families to celebrate Easter. What better way to celebrate than to spend a few hours going on the journey of Christ's life." — Roma Downey

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." -John 3:16

"Where man sees but withered

leaves, God sees sweet flowers growing." - Albert Lighton

"Spring brings new growth. Weed out the bad and make new for something beautiful." - Unknown

"The resurrection gives my life meaning and direction and the opportunity to start over no matter what my circumstances." - Robert Flatt

"Just living is not enough. One must have sunshine, freedom, and a little flower." - Hans Christian Anderson

"Golf is just the adult version of an Easter Egg Hunt." — Unknown

"Easter is the only time when it's perfectly safe to put all your eggs in one basket." - Evan Esar

"To plant a garden is to believe in tomorrow." — Audrey Hepburn




**SKILLED NURSING
SHORT-TERM
THERAPY**



*Care WITH
Confidence*

No matter where you are in life, we will be here to provide the care you need with the compassion you deserve.

970.330.6400

4800 25th St. • Greeley, CO 80634
LifeCareCenterOfGreeley.com

Senior Complex


62 and better

Housing Units Available in Peakview Trails

Wheel chair accessible

Rent varies on income

Call 970-353-7437 ext. 1011



Greeley Housing Authority

Senior Complex

62 and better

Housing Units Available in Dacono and La Casa Rosa

Wheel chair accessible

Rent varies on income

Call 970-353-7437 ext. 1005



Greeley Housing Authority

The Care You Need to Stay in the Community You Love



Call now to schedule lunch and a tour!

- ✓ Transportation to medical appointments and TRU PACE Day Center
- ✓ Coordinated care plans make it easy to access qualified doctors, nurses and specialists
- ✓ Medication delivered to your door
- ✓ Wrap-around support for you or your loved one's health and independence



PACE

Program of All-inclusive Care for the Elderly



(303) 926-4745 PACE.trucare.org

Night Watch



The Night Watch team presented a "first-class" production.

Played to capacity audiences at the Windsor Community Playhouse (WCP). The play was the edge of your seat type. What was going to happen next. Who was going to say what! Night Watch caught the audience's attention as the story unfolded.

During a sleepless night, a troubled woman gazes out the window of her Manhattan townhouse and sees a dead man in the building across the way or does she? The play leads audiences to wonder:

"If no one believes you, did it really happen?" Those in the audience learned the answer.

Abigail Larson made her directorial debut and along with Assistant Director Sarah Cunningham assembled a cast of talented actors and actresses who gave exceptional performances portraying their characters in very convincing manners to the appreciation of their audiences. Night Watch was one to be watched! The Play was truly a team effort. A very successful one!

Be on the lookout for future entertaining Plays at Windsor Community Playhouse. For more information, please visit www.windsorplayhouse.org or call 970-674-1790.



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

Better Business Bureau is proud to announce that BBB Scam Tracker is being honored by the Global Anti-Scam Alliance (GASA) and ScamAdviser.com as Best Scam Fighting Tool of 2023.



Shelley Polansky

"We are incredibly proud of BBB Scam Tracker and grateful for this recognition from the Global Anti-Scam Alliance," says Melissa Lanning Trumpower, Executive Director of BBB Institute for Marketplace Trust (BBB Institute), the educational foundation of the International Association of Better Business Bureaus. "BBB Scam Tracker allows people to search previous reports to determine if they're being targeted. As a result, we estimate that our scam-fighting tool helped people avoid losing \$24.3 million in 2023. We want to thank GASA, ScamAdviser.com, and the esteemed panel of judges, for honoring BBB Scam Tracker with this award."

BBB Scam Tracker is supported by Amazon and Capital One, members of the BBB Corporate Trust Council, a coalition of select companies that join with BBB Institute

to build a trustworthy marketplace by providing their expertise, resources, and funding support.

Following the launch of the upgraded BBB Scam Tracker in 2022, BBB Institute added a Scam Prevention Guide

on the homepage to help people learn how to spot and avoid scams.

"Our goal is to continue building out the BBB Scam Tracker platform to empower people to protect themselves from fraud," said Trumpower.

The ability to search reported scams is made possible thanks to the dedicated, collaborative work of Better Business Bureau professionals working in communities across the US and Canada to review and publish scam reports.

Launched in 2015 and retooled in 2022, BBB Scam Tracker had 4.58 million views and published more than 65,000 scam reports in 2023. Visit BBB.org.

We Care

Happy St. Patrick's Day

Thomas Jefferson
I'm a great believer in luck, and I find the harder I work the more I have of it.

Irish Toast
Here's to you and here's to me, I pray that friends we'll always be, but if by chance we disagree, the heck with you and here's to me.

Irish Blessing
May you have all the happiness and luck that life can hold — and at the end of your rainbows may you find a pot of gold.

Shane Leslie
Every St. Patrick's Day every Irishman goes out to find another Irishman to make a speech to "Everybody is Irish on St. Patrick's Day, but if your name is Eisenhower, you've got to wear something green to show it."

Dwight D. Eisenhower
"Wherever you go and whatever you do, may the luck of the Irish be there with you."

"May the road rise to meet you, may the wind be always at your back."

"Luck is not chance, it's toil. Fortune's expensive smile is earned." —Emily Dick-

inson
"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright happy hours, that stay with you all year long."

"You gotta try your luck at least once a day, because you could be going around lucky all day and not even know it." —Jimmy Dean

Irish Blessing
"May luck be your friend in whatever you do and may trouble be always a stranger to you."

Irish Proverb
"A good friend is like a four-leaf clover, hard to find and lucky to have."





TAKE THE SURVEY

ARPA funds enhance Greeley's Active Adult Center!

Share your preferences in our brief survey



Complete by April 30 for a chance to win **\$150 credit** toward programs or trips.

Scan the code to take the survey.



Greeley Active Adult Center
1010 6th Street | 970-350-9440
GreeleyActiveAdultCenter.com



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.



*Say you saw it in
50 Plus Marketplace News*

BUSINESS PARTNERS

You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!



Happy Easter
From 50 Plus Marketplace News

Lynne's EZ Errands & Estate Sales
Lynne Lechman - (970) 590-4643
Lynelml@comcast.net
www.Lynnesezerrands.com
Trusted and Experienced

ACADEMY of NATURAL THERAPY
1 Hr Massage includes Hot salt water pool.
\$10 off
Please Call
970-353-1047

ONE HUNDRED YEARS
1918 efaa 2018
If you are warm and cozy, know many of our recipients are not... and you can help.
Visit www.efaa.org for more information

BLOSSOM TOGETHER!
Our Aim:
Making A Difference In The Lives Of Seniors.
Designing Personalized Health Coverages.
Medicare Products Our Specialty.
Not Boring! Fun Working Together.
blossom
BROKERAGE
For More Information: Call 970-301-0361
or visit: Shelby@blossombrokerage.com

PC REPAIR MAINTAINCE & SALES
220 Main Street Unit B
Windsor, CO 80550
Phone: 970-460-7223
E-mail:
servicemanager.absolutelyit@gmail.com
ABSOLUTELY I.T.

4 Reasons For Using Mongan's Own Pain Relief Lotion:
1. Relief from achy shoulders & neck
2. Rub on chest & back during colds
3. Gently place a line of Lotion down spine to reinvigorate body
4. Rub on feet before putting on shoes
970-353-1047
625 8th Ave. Greeley

Esh's
at Dacono
Healthy Foods at Low prices
Also! fresh produce and bread
913 Carbondale Dr., Mon-Fri 9-6, Sat 9-6
Dacono Closed Sun

Advertise Your Service Here! Call 303-694-5512 for details!

Colorado Gerontological Society Colorado Taxpayers To Get \$800 Income Tax Credit



Eileen Doherty

Denver, CO. If you are age 18 and over, you can receive an \$800 income Tabor Refund. All residents who live in Colorado all of 2023 are eligible because we

all buy clothes, personal items and much more.

If you file state and federal income tax, your refund will be calculated when you file your tax return. However, if you do not usually have to file a tax return, you will need to file a tax return.

The Colorado Department of Revenue, due to some taxpayer feedback and advocacy has created the DR0104EZ. The Colorado Simplified Individual Income Tax Return form is easier and can be used by individuals who only need to file taxes to claim the Tabor Refund, which is many older adults, especially individuals who have less than \$25,000 in income from Social Security or other non-taxable sources.

To claim your Tabor Refund, if you have less than \$25,000 in income, file the DR0104EZ by April 15, 2024 to claim the refund. You can get copies of the form at <https://tax.colorado.gov/DR0104EZ>.

If you lived in Colorado all of 2023, are age 65 and over or disabled, have 2023 income less than \$18,026 for single filers and \$24,345 for married couples, you should file the PTC104 for two refunds – the property tax/rent rebate and the Tabor refund. The PTC104 must also be filed by April 15, 2024, to get both refunds. You can get copies of the form at <https://tax.colorado.gov/DR0104PTC>

If you need copies of the form, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish). If you need help filing the forms, please check for AARP or VITA tax site in your area or visit www.senioranswers.org.

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

7 Reasons to Upgrade to Electric and Induction Cooking Appliances

(StatePoint) Cooking with gas? Industry experts say there are many reasons to consider retiring your gas-powered appliances.

To help you understand what your kitchen may be missing, Melissa Haber, the vice president of EuroChef USA, the exclusive importer of the Verona and Lofra brands of residential cooking appliances, offers seven reasons why your next home upgrade should include making the swap to electric or induction cooking.

1. You're health- and eco-conscious. Gas appliances at home are associated with an increased risk of asthma and other illnesses, particularly in children, as they emit harmful air pollutants like nitrogen dioxide and methane, even when they're not in use.

2. They're easy to maintain. Compared to the metal grates of a conventional gas stove, the flat surface of an electric or induction cooktop is nearly effortless to clean.

3. They offer safety benefits. With no open flame, electric appliances lower the risk of burns or fires, particularly those with safety features such as "power on" lights and residual heat warnings that

inform users when the surface is still hot. Induction cooking also has safety benefits, since only the cooking vessel is directly heated and the surface of the cooktop itself does not retain or give off heat.

4. You value precision. Induction cooking is faster and more efficient than cooking with gas.

5. Making changes can be feasible. Installing a gas hookup can be costly, time-consuming and involve inspections. The installation process for electric appliances on the other hand is easier and less expensive. Not able to replace your gas appliances with electric? Investing in a range hood is a sensible solution that can cut your appliance's air pollution by about half.

6. You'll be ahead of the curve. A growing number of cities and municipalities are banning new gas hookups for appliances to reduce air pollution and help fight climate change.

7. New options are being introduced. With sales of electric appliances on the rise, a few select manufacturers have taken note, and to meet customer demand, have recently introduced additional options offering style and sought-after features.

Information for the 50+ Community

Genealogy Rocks!



Carol Darrow

Genealogists come in all shapes and sizes. Genealogy is a fascinating hobby because it combines logical thinking and detective work to unpuzzle a twisted family tree.

Some have been "doing genealogy" for more than 30 years. Some of us started by writing letters to various court clerks to ask for marriage records. Some of us started by writing letters to elderly family members who preserved the family history and legacy. Some became interested in genealogy more recently with the advent of DNA testing.

Today we have wonderful tools to help us in our studies. We have online databases such as Ancestry.com and FamilySearch.org as well as My Heritage and Finding My Past. We have software on our computers that enables us to record information and automatically create reports and family trees. We also have various DNA testing options.

We have organizations that sponsor speakers and classes that enable us to enhance our skills and develop our research capabilities. Many have a long history of supporting the study, craft and science of genealogy.

There's a place for each of us in genealogy. Some are deep into the scientific study of DNA. Some are trying to solve the mystery of their biological parents or grandparents. Some are artists who are creating beautiful family trees to share with family. Some are writers who are preserving their research in stories of family history that their descendants can enjoy. Some are trying to verify their ancestors' military support of American Revolution.

Take what you enjoy about genealogy – art, science, research, detective work, writing -- whatever – and expand your experience in that area. There is no one path to success or enjoyment. Seek out the classes, study groups and organizations that will enhance your pleasure in this amazing hobby of genealogy.

Carol Darrow teaches a free Beginning Genealogy class on Zoom on the second Saturday of each month from 10 am – noon. Sign up at cogensoc.us to register.



windsor community playhouse
CALIFORNIA SUITE
by Neil Simon

FRIDAYS & SATURDAYS AT 7 PM
SUNDAYS AT 2 PM

APRIL 5 - 21

Directed by
Don Reidy

203

TICKETS \$ 20
561 E. GARDEN DR.
WINDSOR, CO 80550
970-674-1790

WWW.WINDSORPLAYHOUSE.ORG

HALF PRICE TICKETS OPENING NIGHT ONLY

Pets Are Family

Pet Poison Prevention

March is Poison Prevention Awareness Month - there are a handful of everyday household items and foods that can pose a threat to our pets' health, and with simple awareness and intervention, we can ensure the well-being of our beloved furry companions.



Judy Calhoun

a list of potentially poisonous household items: Prescription and over-the-counter medications, personal care products, cleaning products, glues/adhesives, batteries, mothballs, gasoline, antifreeze, pesticides/herbicides, and recreational drugs/tobacco products.

When giving your pets people-food, please keep in mind which foods are safe and unsafe. Regarding safe foods, ensure it is unseasoned and cut into small pieces. Remove seeds, cores, stems, and peels from fruit, and meat should be lean, cooked, and boneless.

Safe: Apples, bananas, beef, blueberries, broccoli, cantaloupe, carrots, celery, cheese, chicken, cooked pumpkin, green beans, kiwi, peanut butter (without xylitol), pineapple, popcorn, pork, strawberries, and turkey.

Unsafe: Alcohol, avocados, chocolate, coffee, garlic, grapes, raisins, macadamia nuts, onions, products containing xylitol, and raw yeast bread dough.

These are not exhaustive lists - please consult with your veterinarian to discuss your pet's specific needs.

Along with food safety, here is

Additionally, several houseplants are toxic to dogs and cats, including lilies, philodendrons, poinsettias, and more - consult with your veterinarian about which plants your pet should avoid.

What to do in case of emergency?

In the event that your pet digests a poisonous product, call your veterinarian and follow their next steps, which may include taking them in. If you cannot get a hold of your veterinarian, the ASPCA Animal Poison Control Center hosts a 24/7 emergency hotline and can provide timely support: 888.426.4435. This hotline is staffed by full-time veterinarians, including board-certified veterinary toxicologists.

We hope this information will make life as a pet parent more enjoyable, less stressful, and most importantly, will help to protect your pet from poisonous substances.

Happy Birthday, Edie

Edith "Edie" Recagno Keenan Ceccarelli was born in the town of Willits, California and still lives there. She's the oldest resident in Willits, a town with a population just shy of 5,000 residents. In fact, at the age of 116 years, she's the oldest woman in America and the second oldest woman in the world.

Each year, on February 5, the whole town comes out to celebrate her birthday and Edie wonders, "Why am I still here?" As one of her best friends put it, "God has a plan for you."

We Care

Find Einstein



Can you find the hidden Einstein in this paper?

C	A	D	E	T		F	B	I		C	I	S	T		
A	W	A	R	E		D	I	E		O	N	T	O		
S	A	C	R	A	M	E	N	T	O		S	C	A	T	
E	Y	E			A	N	N	A			M	E	R	E	
			G	A	G	E				D	O	S	E	D	
G	E	L	A	T	I			C	H	E	S	T			
E	R	A	S	E		C	H	A	I	N		U	S	A	
N	A	M			P	R	U	N	E			O	I	L	
U	S	E		A	R	I	E	S		C	H	U	C	K	
			N	A	B	O	B			F	R	I	S	K	Y
P	A	T	S	Y						D	R	U	M		
O	R	A	L			S	T	O	A			A	F	T	
L	O	B	E			M	E	A	S	U	R	A	B	L	E
I	S	L	E			O	A	R	S		O	I	L	E	R
S	E	E	P			A	L	E			B	R	E	A	M

TRADING POST

Travel

TRAVEL WITH ALETA

Motor Coach Tours
Call or email Aleta for information and full details and flyers. 720-382-3814 or blondealeta@msn.com or www.GroupTrips.com/travelwithaleta

Savannah, Jekyll Island and Beauford, SC

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

Mackinac Island

August 31 - September 8, 2024
\$1259 for 9 days and 8 nights
Motorcoach, lodging, 14 meals
All the tours and sight-seeing!

The Ark Encounter

September 28 - October 6, 2024
\$1225 for 9 days and 8

Travel

nights
Creation Museum, Ohio River Boat, Cincinnati Museum And more!!

Mt. Rushmore, Black Hills, Crazy Horse, Deadwood South Dakota

October 7 - 11, 2024
\$715 for 5 days
Includes motorcoach, most meals and all ticketed venues
And sights. And fun!
***I can get you colorful flyers for your friends and groups!

Wanted

Wanted to Buy: Vintage and fine wrist and pocket watches and watch-related material. Call Jeff in Windsor for an assessment and offer (970/217-3065).

Services

Front Range Handworks. Home repair, Deck, Fence, Siding. Interior and exterior and more. Call Troy 303 946-3473

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.

Services

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

Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to Robert@50plusmarketplaceneews.com or mail this form and a check for \$29 per month made payable to:

50 Plus Marketplace

4400 Sioux Dr.
Boulder, CO 80303

Copy due by the
10th of the preceding month.

August 2024	6/10/2024
August	7/10/2024
March	8/10/2024
August	9/10/2024
August	10/10/2024

ADVERTISER'S INFORMATION

Name _____
Company _____
Address _____
City, State, Zip _____
Phone _____
Email _____

YOUR ONE STOP SHOP
FOR ALL YOUR MOBILITY NEEDS

50 FREE MILES
ON YOUR RENTAL
WHEN YOU MENTION
THIS AD

ACCESSIBLE
VAN RENTALS
AND SALES

970-223-8267
FRONTIERACCESS.COM

819 E Mulberry Street, Fort Collins, CO 80524
1207 E. Pershing Blvd. Cheyenne, WY 82001

Be Aware of RSV Virus!

Each year, the cooling temperatures, falling leaves, and changing season remind us to get vaccinated against COVID-19 and the flu. But if you're an older adult, there's another serious health threat you should be aware of: respiratory syncytial virus, or RSV.

RSV can affect people of all ages. Each year, between 60,000-160,000 older Americans are hospitalized for RSV and 6,000-10,000 die due to RSV infection.

The good news is there's a vaccine available to help protect seniors who are most at risk for severe RSV disease. The Centers for Disease Control and Prevention (CDC) recommends all adults age 60+ talk to their doctor about whether the RSV vaccine is right for them.

Respiratory syncytial virus (or RSV) is a common respiratory virus that affects the lungs and breathing passageways. It typically causes mild, cold-like symptoms. Like COVID and the flu, RSV is highly contagious. It spreads in two main ways: 1) By coming into contact (via mouth, nose, or eyes) with droplets from another person's cough or sneeze, or 2) By directly touching a surface that has the virus living on it (e.g., a door handle), and then touching your face.

While most people recover from RSV within a week or two, some are more likely to develop serious illness and complications. This includes older adults and infants age 6 months or younger.

RSV symptoms in adults usually start within four to six days after getting infected with the virus. Signs of infection are similar to those of a common cold and may include: fever, runny nose, congestion, sore throat, sneezing, wheezing / barking cough, & loss of appetite.

According to CDC, adults at highest risk for RSV complications include: 1) those age 60+, 2) People who live in long-term care facilities (e.g., nursing homes), 3) people with chronic medical conditions such as: diabetes, heart,

liver, or kidney disease, weakened immune system, hematologic disorders, or neurologic/neuromuscular conditions.

Two single-dose vaccines are currently approved by the FDA to help prevent severe RSV in adults: Arexvy by GlaxoSmithKline (GSK) and Abrysvo by Pfizer. These vaccines are recommended by CDC for people age 60+, "using shared clinical decision-making." Shared decision-making is a process in which doctors and patients work together to decide the best course of action for that patient's health.

The RSV vaccines are reported to be highly effective in preventing severe RSV infection. A single dose of vaccine protects against RSV disease in adults age 60+ for at least two winter seasons. In trials, both RSV vaccines were 83%-89% effective in preventing RSV-related lung infections during the first RSV season after vaccination.

If you have Medicare Part D, your plan should cover the RSV vaccine at no out-of-pocket cost to you. If you receive your drug coverage through your employer or another provider, check your plan to see if the RSV vaccine is covered.

In addition to getting vaccinated, there are smart steps you can take every day to reduce your chances of an RSV infection: 1) Wash your hands thoroughly and frequently, 2) Cover sneezes and coughs (with a tissue or sleeve, not your hands), 3) Avoid touching your face before washing your hands, 4) Avoid close contact with people who are sick, 5) Clean common surfaces often at home and/or at work, & 6) Stay home if you're feeling ill.

Stay healthy by staying up to date on your vaccines! Getting routine vaccinations is a vital part of aging well. One reason is that we cannot fight off viruses as effectively as we age, which makes us more vulnerable to preventable illnesses like RSV, COVID-19, and influenza. Article courtesy of National Council on Aging.



Veterans Echoes

Steve Mulvihill



Brad Hoopes

Steve Mulvihill served two tours in Vietnam. The first was aboard the USS Skagit, where he served on the landing boats delivering supplies up rivers to bases. The downside to this tour was being shot at like a moving duck on the shooting gallery at a carnival. The upside was the ports of call the ship made in Asian countries. Steve didn't approach these port visits like your average sailor. Oh sure, he had his fair share of wild times, but mostly Steve liked to explore and learn about the local culture. He often found himself wondering into areas off-limits to sailors. Once in an off-limits part of Hong Kong, Steve and a friend came across a man trying to sell a baby girl to a crowd. They pooled their money (\$50), bought her, and immediately took her to a nearby orphanage run

by nuns. To this day, Steve still wonders about his little "China Girl" and how her life turned out.

Steve volunteered for the second tour, which proved to be much different than the first one. Steve was now a member of the Navy's Beach Jumpers, a Naval Special Warfare unit. They were akin to the Navy Seals, which eventually absorbed them in 1974. His unit operated off the USS Iwo Jima, doing missions along the coastal region. The upside was he was now able to shoot back. The downside was that what he experienced changed him forever. He, like so many of our veterans, experienced things no one should ever have to.

Brad Hoopes has a passionate project of preserving the stories of our veterans. To view veteran stories, please visit: www.youtube.com/@rememberand-honorstories



Ageism Matters

What Reframing Is - And Isn't



Kris & Sara

When we start to explain reframing aging, sometimes we are asked "do you want me to make something up?"

No. This couldn't be further from the point. The goal of reframing - or changing your narrative - is to see the bigger picture and find a different way to talk about it that is both accurate and more useful.

Reframing is acknowledging the valid, wide range of possibilities and then choosing the helpful perspectives. Reframing is not making up something that isn't or doesn't feel true. It is not self-deception or denial.

Another way to think about it: A frame goes around a picture. Reframing it isn't pretending that the picture isn't there. It is using a new frame to see the picture differently.

We need to question our assumptions about aging. For in-

stance, we're told that "old dogs can't learn new tricks". But, personal experience and plenty of research show that this isn't true. Another example: we might reflexively decide that we have to live with pain just because we are older. But, everyone deserves the best quality of life possible. So, go have that knee checked out.

Importantly, it turns out that how we think about aging impacts how we age. Internalized ageism correlates with shorter, less healthy and happy lives. We can't control what life brings, but choosing how we respond can mean living a better life.

Why add unnecessarily limiting and negative thinking to our lives? We can't change aging, but we can change how we think about it. We can reframe, which turns out to be extremely powerful.

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.

Social Security Today

Stay Healthy And Independent With The Senior Nutrition Program

Are you eligible for Social Security retirement benefits or already receiving them? Did you know that you can also receive healthy meals and other nutrition services through the National Senior Nutrition Program? Local meal programs in communities across the country are waiting to serve you.

As we age, we have different needs, different ways we take care of our health, and different nutrients we need to get from our food. But we don't always have enough healthy food or the desire to prepare or eat a meal. Whether you need more food, healthier food, someone to share a meal with, or just want to learn about good eating habits, a meal program can help.

Every day, senior nutrition programs serve almost one million meals to people age 60 and older. With home-delivered and group meal options, you can get the food you need in a way that works best for you. Senior nutrition programs can:

- Help you avoid missed meals – and save time and money with

less shopping and cooking.

- Offer opportunities to connect and socialize, which can help improve your mental and physical health.

- Teach you how to create a healthy eating plan. You can learn about healthy food recommendations based on your age, unique needs, and preferences.

- Connect you with other resources like transportation or homemaker services. This helps you stay connected and engaged in your community.

It's no surprise that 9 out of 10 participants would recommend a senior nutrition program to a friend. Find a senior nutrition program in your area and help us spread the word by sharing it with your loved ones, neighbors, and community. Visit eldercare.acl.gov/Public/Index.aspx for more information.

The Senior Nutrition Program is administered by the Administration for Community Living, part of the U.S. Department of Health and Human Services.

Denver Zoo's New Wildlife Preservation Home

With more than a million species in danger of extinction worldwide, many due to devastating habitat loss, zoo-based conservation has become an essential component of long-term species survival. As an Association of Zoos and Aquariums (AZA)-accredited institution, Denver Zoo has long participated in the Species Survival Plan (SSP) to ensure genetic diversity in wildlife bred under human care. But as an urban campus with a finite 80-acre geographic footprint, the space we can utilize to make a significant impact has been historically limited—until now.

reintroduction of species that are threatened or endangered in Colorado and beyond. The center, both a physical satellite campus and the philosophical heart of present and future conservation collaborations, will allow Denver Zoo to make a more meaningful impact on the future of regionally threatened and endangered species in our home state. It will also give us a more robust framework for much-needed conservation breeding research—with the long-term goal of increasing the success of wildlife reintroduction programs in Colorado and worldwide.



Spanning 570 acres in Weld County, the Lembke Family Preserve will allow the Denver Zoo to dramatically evolve both our animal care and conservation breeding practices. “The Lembke Family Preserve represents the dawn of a new era for Denver Zoo and will dramatically expand our capabilities for our animals and Colorado wildlife as we build it out in the coming years,” said Bert Vescolani, President and CEO of Denver Zoo. “We are deeply grateful to the Lembke family for their generosity and mutual understanding that saving wildlife for future generations requires a dedicated community of donors, members, partners and neighbors.”

Bob Lembke explained the drive behind the gift: “Denver Zoo has been part of our family tradition since the late 1950s. Both Carol and I loved visiting the old zoo of our childhood, and we took our kids there many times. It's always a special family outing. With the stewardship provided to endangered species by the Zoo through The Preserve, we hope that the Zoo can be part of our family for generations.”

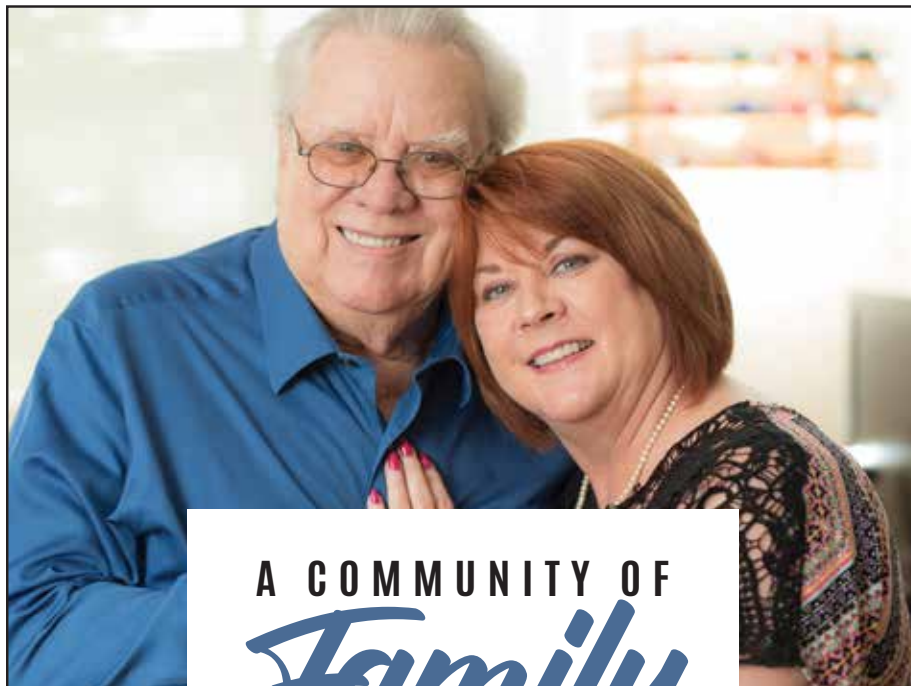
A recognized industry leader in both animal care and conservation breeding, Denver Zoo is already doing important work on our main campus; imagine what we can do with nearly seven times the space! In PHASE 1 of the Lembke Family Preserve, we'll be able to expand our current SSP efforts, with more space for our growing animal families as well as the potential to add new species to our program. We'll also gain greater holding capacity as well as temporary relocations for habitat maintenance or renovation.

As intact wild ecosystems continue to decrease, the number of species that are viable candidates for reintroduction is also in rapid decline. With your help, the Lembke Family Preserve will enable Denver Zoo to scale our leadership in two vital ways.

In phase two, the Zoo plans to transform the facility into a conservation center focused on conservation breeding and wild

First, our world-class animal care experts will have a spacious secondary campus on which to foster continued health and well-being for our animal family, many of whose species are threatened or endangered. Second, in partnership with other organizations, the Lembke Family Preserve will allow Denver Zoo to advance the science of conservation breeding and reintroduction. This critical field of research is a rapidly evolving space, and YOU can be instrumental in this essential phase of discovery. Thanks to the Bob Lembke family for their beneficial contribution to wildlife conservation.

Information for the 50+ Community



A COMMUNITY OF
Family
& FORTITUDE




**THE BRIDGE
AT GREELEY**

AN ASSISTED LIVING COMMUNITY

970.339.0022 • 4750 25th Street • TheBridgeAtGreeley.com

QUALITY ASSISTED LIVING

142945

32 Years of Service Providing Information for the 50+ Community

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 St. Patrick's Day Lunch

Friday, March 15 | 11:30 a.m. - 1 p.m.

Indulge in a St. Patrick's Day feast that'll leave you feeling lucky. From classic Irish fare to modern twists on traditional favorites, our meal will tantalize your taste buds and satisfy your appetite. Enjoy live melodies that'll have you tapping your feet and maybe even dancing a jig.

Travel Programs

Armchair Travel: Ireland

Tuesday, March 12 | 2 p.m.

A land of stunning natural beauty, mesmerizing music, and friendly locals. Sit comfortably, take in the views, and let's go to Ireland!

Eagles Game vs. Milwaukee Admirals

Wednesday, March 20 | 6 p.m.

Who's ready for some hockey? Come see this mid-season match up.

Colorado Spartans Game

Saturday, March 23

The Colorado Spartans are the newest addition to semi-pro sports in Northern Colorado. Playing their games in Blue Arena in Loveland, this indoor football team is sure to bring plenty of energy and excitement.

Colorado State Capitol Tour

Wednesday, March 27 | 8:30 a.m.

The golden crown atop the Mile High City, full of stained glass and murals, home to Colorado's most influential branches of government, this tour of the historied capitol building is one you won't want to miss!

Greeley City Council Meetings

The Greeley City Council meetings are held in-person or online on the first and third Tuesday of every month. Agendas can be found at <https://greeley-co.municodemeetings.com/>

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

Friday, March 1	Beef & Broccoli Stir Fry, Brown Rice & Vegetable Pilaf, Side of Lite Soy Sauce, Fruit Salad, Dried Fruit & Nut Cup*, 1% Milk
Monday, March 4	Beef Shepherd's Pie, Wheat Roll with Butter, Broccoli/Olive/Sundried Tomato Salad, Cinnamon Applesauce, 1% Milk
Tuesday, March 5	Smoked Ham & Potato Frittata with Side of Salsa, Roasted Zucchini/Mushroom/Peppers, Berry Greek Yogurt Parfait, Morning Glory Muffin* with Butter, 1% Milk
Wednesday, March 6	BBQ Pulled Chicken Sandwich with Pickles, Roasted Sweet Potatoes, Collard Greens, Diced Pears, 1% Milk
Thursday, March 7	Kalua Pork, Hawaiian Roll with Butter, Baked Beans, Asparagus with Parmesan, Pineapple, 1% Milk
Friday, March 8	Chicken, Rice & Bean Burrito with Cheese & Pico de Gallo, Honey Lime Coleslaw, Diced Cantaloupe, Chocolate Pumpkin Bar*, 1% Milk
Monday, March 11	Hamburger with Onion, Tomato, Pickles, Side of Mustard, Mayo & Ketchup, Pickled Beets, Apricots, Orange Vanilla Chia Pudding*, 1% Milk
Tuesday, March 12	Beef Lasagna, Wheat Roll with Butter, Marinated Kale Salad, Orange Slices, Peanut Butter Cookie*, 1% Milk
Wednesday, March 13	Tuna Salad Sandwich with Lettuce & Tomato, Cream of Chicken & Wild Rice Soup with Crackers, Peas/Mushroom/Bacon Sauté, Mixed Fresh Fruit, 1% Milk
Thursday, March 14	Chicken & Dumplings, Peas & Carrots, Apple Slices, Fruit & Peanut Butter Bar*, 1% Milk
Friday, March 15	Corned Beef & Cabbage with Carrots, Red Potatoes, Banana, Irish Soda Bread, Side of Mustard, 1% Milk
Monday, March 18	Pork Loin with Mushroom Gravy, Broccoli & Cheese Stuffed Potato, Apple Slices, Cherry Crisp with Almond*, 1% Milk
Tuesday, March 19	Sloppy Joe, Quinoa Salad, Brussels Sprouts with Side of Malt Vinegar, Mandarin Oranges, Lemon Sugar Cookie, 1% Milk
Wednesday, March 20	Beef Tamale Pie, Refried Beans, Mandarin Orange Spinach Pepita Salad* with Oil & Vinegar, Pineapple, 1% Milk
Thursday, March 21	Oven Roasted Turkey Breast with Gravy, Mushroom Risotto, Apple/Beet/Walnut Salad*, Chocolate Chip Cookie, 1% Milk
Friday, March 22	Chicken Caesar Wrap, Tomato Basil Soup with Crackers, Fruit Salad, Cranberry Apple Crisp, 1% Milk
Monday, March 25	Chicken Alfredo over Whole Wheat Penne, Breadstick, Garden Side Salad with Italian Dressing, Orange Slices, 1% Milk
Tuesday, March 26	Cranberry Harvest Chicken Breast, Baked Sweet Potato with Butter & Sour Cream, Mixed Vegetables, Apricots, Banana Chia Pudding, 1% Milk
Wednesday, March 27	Slow Roasted Pork, Cuban Rice & Beans, Turnips & Garden Vegetables, Apple, Blueberry Coffee Cake, 1% Milk
Thursday, March 28	Krautburger with Side of Mustard, Potato Salad, California Blend Vegetables, Peaches, Sugar-Free Gelatin, 1% Milk
Friday, March 29	Roasted Tilapia with Lemon Butter Sauce, Roasted Red Potatoes, Garlic Green Beans, Honeydew Melon, Chocolate Pudding, 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

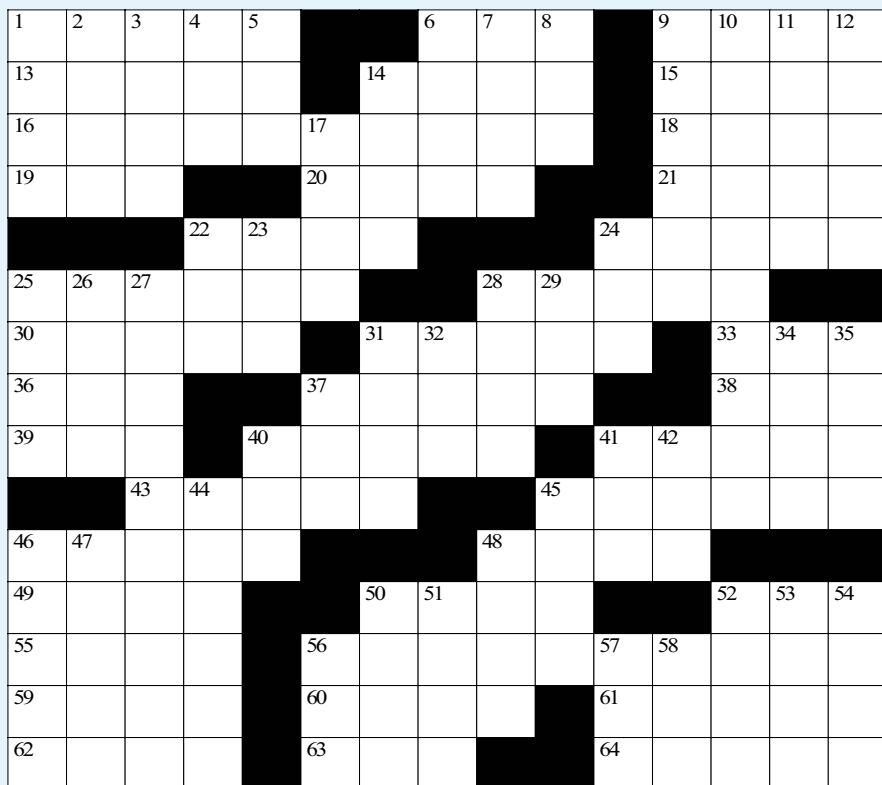
Also! fresh produce & bread

913 Carbondale Dr.,
Dacono

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

50 Plus Marketplace News Crossword Puzzle

March 2024
Answers page 9



ACROSS

- 1 Youngest son
- 6 Law enforcement agency
- 9 Prehistoric sepulchral tomb
- 13 Alert
- 14 Ceased living
- 15 Upon
- 16 Capital of California
- 18 Move off hastily
- 19 Organ of sight
- 20 Old Indian coin
- 21 Lake or pond
- 22 Challenge
- 24 Gave a measured amount
- 25 Ice cream made with eggs
- 28 Thorax
- 30 Efface
- 31 Series of metal rings
- 33 North American nation

- 36 Vietnam
- 37 Dried plum
- 38 Petroleum
- 39 Exploit
- 40 Give another name for the constellation *The ram*
- 41 Throw
- 43 Influential person
- 45 Playful
- 46 Scapegoat
- 48 Musical percussion instrument
- 49 Spoken
- 50 Portico
- 52 Toward the stern
- 55 Roundish projection
- 56 Capable of being measured
- 59 Small island
- 60 Rowing implements

- 61 Oilcan
- 62 Ooze
- 63 Malt beverage
- 64 Carplike fish

DOWN

- 1 Portfolio
- 2 Apart
- 3 Fresh-water fish
- 4 Sin
- 5 Light meal
- 6 Scandinavian
- 7 Second letter of the Greek alphabet
- 8 Revised form of Esperanto
- 9 Universe
- 10 Involving incest
- 11 Gaze fixedly
- 12 Carried
- 14 Sandy tract
- 17 The wise men
- 22 Sparse fluid
- 23 Consumed
- 24 Lair
- 25 Knee
- 26 Periods of history
- 27 Deplorable
- 28 Metal containers
- 29 Hasten
- 31 Child's bed
- 32 Tint
- 34 Ailing
- 35 An alcoholic
- 37 In favor of
- 40 To endure
- 41 French vineyard
- 42 Masc. pronoun
- 44 Dormant state
- 45 German Mrs
- 46 Ancient Greek city-state
- 47 Got up
- 48 Improvised bed
- 50 Authenticating mark
- 51 Noxious weed
- 52 Showing unusual talent
- 53 Bloodsucking insect
- 54 Division of a school year
- 56 Extinct flightless bird
- 57 Steal from
- 58 Atmosphere



New

Medicare Plans Store in Downtown Greeley



**Monday to Friday
9:00 am to 3:00 pm
Walk ins welcome!**

918 13th Suite 2 Greeley 80631

Contact me for more info:

Valeria Ortiz

info@vortizinsurance.com

970-347-0394

@vortizinsurance

HABLO ESPAÑOL

VORTIZ Insurance LLC is not connected to the Federal Medicare program. This is a solicitation for insurance.