

# Greeley Farmers' Market Is Relocating

The award-winning Greeley Farmers' Market is relocating to 7th Street, between 9th and 10th Avenue, north of Lincoln Park in downtown Greeley. The City of Greeley is thrilled to announce a groundbreaking ceremony on the inaugural day of the summer market, Saturday, May 4 at 9:00am at Lincoln Park. The summer market will be open from May 4 to October 26 in collaboration with the Downtown Development Authority (DDA).

The move aims to enhance the customer experience by providing better access to downtown amenities, including parking facilities, shopping, and dining. The relocation will also accommodate increased park

programming, such as entertainment and small-group activities, creating more community gathering and social spaces. It also allows for market growth and vendor expansion, supporting the increasing number of local and urban farmers and the diverse food-based products they offer.

The market highlights include:

- 2-hour free street parking is available along 9th and 10th Avenue, 9th Street, and 7th Street east of 9th Avenue.
- Additional free parking can be found on the northeast property of 9th Avenue and 7th Street.
- Starting May 4th, 7th Street between 9th and 10th

Avenue will be closed and parking will be prohibited from 6:00 a.m. - 1:00 p.m. every Saturday.

- Alternative transportation methods are encouraged.
- Bike racks are available for use at the Greeley Recreation Center.
- Bus routes Greeley Evans Transit - Route 1 or Route 5 can be taken to 10th Ave @ 8th Street, or the Poudre Express Regional to 11th Ave @ 8th Street.
- Students can ride the bus for free with a valid student ID.

We've been rec-

ognized as the Best Farmers Market in Colorado for the past two seasons by the American Farmland Trust and the Farmers Market Coalition. We encourage all residents and visitors to come and experience the vibrant atmosphere, fresh produce, and local charm that make us number one!



# Unveiling Encore Careers: Your Story Matters

Retirement has taken on a whole new meaning for older adults in Colorado and across the nation. Instead of saying farewell to the workforce, many are choosing an encore career – or simply choosing to work longer. Whether you are exploring a different job, working part-time, or juggling various paid projects, the idea of sticking around a bit longer is catching on!

We would like to learn why you are still in the game and what keeps your passion alive. Maybe you have found a purpose in a new role that challenges and fulfills you, or you thrive on the sense of accomplishment from contributing your expertise as a part of a team. Or you need the money! Whatever your reason, your story is important and deserves to be shared.

So, here's the deal: we're inviting you to craft a 300-word essay explaining why you continue to work. If you're comfortable, share a sentence or two about the biggest challenge you're fac-

ing or may face in continuing to work. Submissions are due on or before July 15, 2024.

Your stories go beyond personal anecdotes; they offer insight into the changing dynamics of the workforce and the increasing desire – or need – of older adults to stay active and engaged.

By highlighting your experiences, you're demonstrating to employers that older adults are redefining retirement – and yes, work is a part of it! Politicians will benefit from your stories as they develop policies to support older adults transitioning into new careers or re-entering the workforce.

Your stories have the power to inspire and spark change – impacting employer actions and helping evolve policy.

Selected stories will premiere during Work-

force Development Month in September 2024, highlighting the significant contributions of older adults to the workforce. This initiative is being conducted by iAging and the Colorado Commission on Aging Workforce ( CCOA WF) Committee. Send submittals to Karen Brown, CEO iAging & CCOA WF Chair to EncoreCareers-Co@gmail.com.



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# MAY Calendar

## Thursday/2

Weld County Genealogical Society presents a free program on genealogy research on Zoom at 6:30 pm. Please register to obtain the Zoom access info at email: [wccgs.gene@yahoo.com](mailto:wccgs.gene@yahoo.com).

## Saturday/11

Qualified Listeners is presenting their free annual "Vet Connect Expo" at 10 am to 1 pm at the Embassy Suites in Loveland. There will be over 40 vendors displaying beneficial items for veterans.

## Saturday/18

Union Colony Civic Center presents the Greeley Philharmonic Orchestra with their program on "Sounds of Cinema 2023" at 7 pm. The final concert of our 2023-2024 season is presented with an element of narration. Experience how orchestral music impacts stage & film and ultimately connects us to one another. Tickets range from \$30 to \$42. Purchase tickets online at <https://ucstars.showare.com/>.

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*

## Five Common Age-Related Memory Changes

Memory is very important to all of us for obvious practical reasons such as remembering facts and figures for a job, recalling words when you do the crossword puzzle in the morning, or calling to mind directions to places, to name a few examples. Our memories also tell us who we are and where we belong. They help us to connect to people, as we remember our friends and interesting stories from our past to share with our friends.

You may have noticed some memory changes as you have gotten older. Some of these memory changes are normal age changes. In fact, there are many things that you can do to reduce memory errors. Learning some simple ways to modify your memory behavior can help you improve your everyday memory. Here are five examples:

**Memory Change #1: Lack of Attention:** It is harder to focus our attention carefully on the important things and ignore things in the background. We can be distracted by something on the outside (a conversation in the next room, for example) or the inside (thoughts about the next day or the next week). We can "lose our place" in an activity we are doing. All of these changes affect memory.

- 1) Do only one thing at a time,
- 2) Stop outside distractions. Turn off the TV, radio, phone, or other device, and keep others away when you want to do mental work,
- 3) Keep a piece of paper or notebook always handy to make a quick note about any off-topic ideas that come to mind and then concentrate again on what you were doing, &
- 4) Focus your attention on something you want to remember, describe it, make a mental picture of it, or think about what it means to you.

**Memory Change #2: Mental Slowing:** As we get older, our minds tend to work a bit more slowly. Most people notice this change before they are 50 years old. If we are doing something complex that involves several mental steps, we may be especially slow. If we are doing something very familiar or very important, we may not notice as much slowing.

- 1) Take extra time, when needed, to do mental tasks,
- 2) Do not be upset when you cannot learn or remember something quickly,
- 3) If you want your memory to be faster, practice memory tasks that are important to you, &

4) If you want to recall something quickly, think about it often so that it becomes very familiar.

**Memory Change #3: Need for Cues:** We need more cues to help us pull specific items out of memory. It might be where we saw a person, what we discussed with them, what they were wearing, all of these are cues connected to that person. Sometimes we attach cues automatically to a specific memory. But as we get older, this may not be automatic.

- 1) When learning something new, think about the cues you could use,
- 2) If you feel blocked when you try to recall information that you already know, think back to where and when you learned it,
- 3) Think about related events, pictures, conversations, or scenes that might serve as a cue,
- 4) Don't stress. Relax and free up your thoughts when you have difficulty remembering the name of a person, place, movie, or book, &
- 5) Try to go through the alphabet or close your eyes and imagine features of that item or person that can be a cue for your memory.

**Memory Change #4: New Learning Challenges:** With age, it often takes longer to master something new. It also takes more effort to learn. We may need to review new information 4 or 5 times before we know it. Things don't "stick" as easily as they did when we were younger.

- 1) Be prepared to make an effort when you want to remember something new,
- 2) Review new items many times,
- 3) Personal meaning strengthens memory, so connect your new item to your life, your knowledge, your feelings, your experience, &
- 4) Stay mentally active. The

more you use your brain on real-world memory activities, the better it will work for you.

**Memory Change #5. Lack of Confidence:** Aging does lead to some declines in memory, as noted above. We may have trouble focusing our attention. It can take longer to learn. Recall can be slower, and more cues may be needed. It is not surprising that these changes often lead to less confidence. Some people even get very anxious about these changes. This anxiety can interfere with memory and make people avoid memory challenges.

- 1) Do not let normal memory changes stress you,
- 2) Do not believe false stereotypes about memory and aging. Instead, focus on your memory potential,
- 3) Practice those memory tasks that you do well, &
- 4) Also, work on tasks that are more challenging for you. The more you practice, the easier these memory tasks will be, and the more confident you will feel.

Sleep, or the lack of it, can also result in memory problems so try to follow good sleep habits such as not consuming caffeine or heavy meals right before going to bed. Mental health issues such as depression, grief, anxiety, or stress can impair memory. Finally, look at the medications you take. Have you noticed any differences since you started taking certain medications?

Examine these various factors first and talk with your health care team about changes you can make that might improve your memory such as exercising regularly, getting enough sleep, and reviewing your medications. Understanding these factors can help you navigate the memory changes you are experiencing.



*Say you saw it in 50 Plus Marketplace News*

## Colorado Gerontological Society

### Volunteering Is Good For The Brain And The Community



**Eileen Doherty**

Individuals who volunteer report greater self-esteem and self-worth. When you volunteer, your brain is stimulated in a way that is different

from any other activity.

According to the Mayo Clinic "Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect".

Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people and organizations in need.

But many times, the work of volunteers goes unheeded and unrecognized. During National Volunteer Week, April 21-27, the Colorado Gerontological Society recognized more than 225 volunteers who are actively involved in the telephone buddy program,

who deliver holiday baskets, who provide technical support such as computer support, systems analysis, taking older adults to appointments, and many other tasks that contribute to our success.

The Society also wishes to thank our many public/private partners. Our partners include: sponsors of the Salute to Seniors, Medicare Monday, and Colorado Senior Resource Guidebook; a statewide network of audiology, optometry, dental, and mental health providers; community based agencies, media sponsors; public policy partners including congressional representatives, legislators; as well as federal, state and local policy makers.

To all of you, we are grateful for the support and commitment to helping older adults in Colorado. Your time and talent has a valuable impact on older adults.

If you wish to join our team of volunteers or partners, call 303-333-3482 or 1-855-293-6911 (toll free).

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

**WE ARE LOCAL!**

## A Warm & Friendly Welcome Awaits You!

The experience is readily available at Windsor Lake Coffee. A family owned cafe in downtown Windsor located at 430 Main Street.

Stop in soon! Treat yourself to a wonderful selection of specialty coffees, teas, baked goods, a delicious lunch, and surprising concoctions of Ice cream. Have fun picking out your very own concoction...There's more to do and see at Windsor Lake Coffee.

Stop in soon!



*A warm welcome & smiles too!  
(l-r) Aspyn Myers, Haley Forrest*

## CONTACT

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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 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

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Agencies & Businesses

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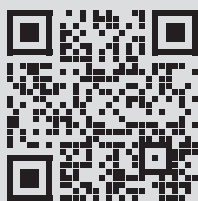
### Product Consultants

Michael Buckley  
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### Design/Production

Kit Brown

### Smart Phone Access



Printed on Recycled Paper

## Elder Law Q & A

### What is Elder Abuse – Part III

one are facing elder abuse, the following resources can help:

Through its National Elder Fraud Hotline, the DOJ provides services to older individuals who could be victims of financial fraud.

State long-term care ombudsman programs advocate for residents of long-term care facilities, including nursing homes and assisted living facilities. Find your state's program at ConsumerVoice.org.

The Victims of Crime Act Victim Assistance Program funds

state programs to assist elder abuse victims. Locate your local Office for Victims of Crime.

You can also learn more about your legal rights by consulting with an elder law attorney. An attorney can help you identify and stop the abuse and advocate for financial compensation.

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.



**Bill Beyers**

This month's article will continue my look at types of elder abuse, particularly physical and sexual abuse. While less prevalent than other

types of abuse, physical and sexual abuse can have severe consequences.

The National Institute on Aging (NIA) defines physical abuse as bodily harm. Physical abuse can include the following:

Hitting, pushing, and slapping;  
Using restraints, locking someone in a room, or preventing them from leaving;

Physically intimidating an older adult without directly hitting them, such as by throwing an object across the room.

The NIA further explains that sexual abuse entails forcing an elder to engage in or watch sexual acts. Most sexual abuse occurs in nursing homes, according to NursingHomeAbuseGuide.org. Older women are six times more likely to experience sexual abuse than senior men.

### Preventing Abuse

If you suspect that you or a loved



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## Technology is Hip!

### How Zoom Has Changed Non-Profit Meetings



Bob Larson

Before the pandemic hit in 2019, many non-profit organizations (NPO) were meeting in person with great attendance. During the pandemic, the same NPOs were struggling as no one wanted to meet in person due to this deadly disease. Some NPOs either disbanded or quit meeting until a better solution was found. Several NPOs used online teleconferencing services, which were either costly or not user friendly. Some services offered video and most offered audio only meetings.

Along came Zoom in early 2020, a new video teleconference service that offered low-cost meeting and webinar services for NPOs, schools, and small businesses. Zoom was an ideal video conferencing service as it was easy to use for all ages using your home computer, tablet, or even smartphone and inexpensive. Most users could add a simple camera to their home computer, and they could easily conference with other users. Many laptops, tablets and smartphones already have the ability to video

conference with a built-in camera. Zoom was downloaded over a half billion times in 2020.

During its introduction, sharing documents, slide presentations, photos, and websites became the normal use on Zoom broadcasts for many organizations plus gave the ability for online chat and record the meetings for later viewing.

Today, Zoom has added many more features including closed captioning for the hearing impaired, whiteboard demos, breakout sessions, polls or surveys, telephone or audio only access, scheduling, AI assistance, 5 or more GB storage, calendar service, higher security, and enhanced statistics. They now offer four different plans from a free account to large organizations with different features and time limits.

Although there are many competing video services such as Microsoft Skype or Teams, Google Meet, and GoToMeetings, it seems Zoom has done well as a fairly new startup. Zoom is another technology that has helped our planet become more interconnected with each other. Bob Larson is a technologist and Marketing Director for 50 Plus!

## Reflections

### What Are Your Plans?



Martha Coffin Evans

Recently, I asked a friend about his plans. He didn't have an immediate answer having retired the previous day from a multiple-decade career in the financial field.

He and his wife chuckled at the switch of life styles. She's now heading off to work while he's the one at home. I think that will be a "for the time being" situation until he determines what he'd like to do next. I can't imagine him remaining "unconnected" for long whether in another vocation, avocation or volunteering capacity.

In an earlier situation, I asked a young man the same question. This happened to be at a collegiate scholarship dinner.

The senior student had an immediate answer. His plans included three things which he quickly explained in a matter of fact manner,

First, I'm getting married. Then, I'm moving to Alabama. Finally, I'm becoming a fire fighter. My curiosity took over as I wondered how he'd determined his three-goal plan.

When I asked about marriage, and, if he had someone in mind, he did. They'd been dating for

three years and she felt the same as he. Okay, that took care of number one.

Why Alabama I asked. With roots in that southern state, perhaps he was more going home rather than striking out for somewhere new.

Since this was a music scholarship dinner, I wondered about the selected profession. His response was to help others. Firefighting would certainly qualify as a helping career.

I found it interesting this young student had his plans well defined, at least in his mind. His direction seemed clear along with being doable. He'll learn about being a firefighter.

When we graduated, we had our plans or goals in mind. What about our plans in this chapter? We may still be working on that answer. Are you?

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

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5TH ANNUAL REGIONAL EVENT

SAT, MAY 11, 2024  
10 A.M. TO 1 P.M.



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50 Plus Marketplace NEWS

# 8AM - 3PM SATURDAY MAY 11

Sanborn Park, Greeley (NW CORNER - by Baskin-Robbins)



BUILD A BASKET POTTING STATION - ANNUALS  
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[GREELEYGARDENCLUB.COM](http://GreeleyGardenClub.com)



## Weld Area Agency on Aging

Celebrating Older Americans Month:  
Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.



**Donnica Fagan**

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults.

The Weld County Area Agency on Aging strives to bring meaningful connection to the older adults in our community. Connection to us is not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. At the Weld County Area Agency on Aging, we recognize and nurture the role that connectedness plays, with the help of our

community partners, we will continue to mitigate issues such as loneliness and isolation, ultimately promoting healthy aging for all Weld County Older Americans. What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.

- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.

- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information on the Weld County Area Agency on Aging, 970-400-6950, email [AAAinfo@weld.gov](mailto:AAAinfo@weld.gov) or visit our website.

For more information on Older Americans Month, visit the official OAM website.

### Information for the 50+ Community

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### 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

## Better Business Bureau Give Yourself A Spring Digital Makeover

The weather is warming in some parts of the country, inspiring people to clean up or clear the clutter. The one area many overlook isn't the corner of a room or a forgotten closet; it's the digital device you're reading this article. We



**Shelley Polansky**

use our phones to shop, scroll through social media, bank, and work. The National Cyber Security Alliance (NCSA) and the Better Business Bureau (BBB) remind everyone that when clearing out the physical clutter, there's probably a bunch of digital data clutter that lives on your electronic devices.

If you have a few extra hours or minutes in your day, it may be a good time to give yourself a digital makeover. Taking simple, proactive steps will go a long way in safeguarding against potentially disruptive issues – like identity theft, loss of funds, or credit card fraud – that can cause mayhem by compromising your data.

NCSA and the BBB encourage people to check their smartphones, laptops, and tablets and take a few minutes to review these tips.

Lock down your login: Security is critical to protecting ac-

counts used for work and home. Ensure passwords for each account are lengthy, unique, and safely stored.

Update your system and software: Avoid procrastination! The most current software, web browsers, and op-

erating systems are some of the easiest and fastest ways to protect your most sensitive assets.

Back it up: Protect your personal and workplace data by making electronic copies – or backups – of your most important files. Use the 3-2-1 rule to help guide you: 3 backup copies, two different media types, and one offline in a separate location.

Clean up your online presence: When did you last use all the apps on your phone or tablet? Do you know the settings on all social media accounts that check in with friends and family? Check up on all your accounts.

Be careful what you share: Quizzes on social media are fun, and keeping in touch is necessary. However, questions on social media might give away too much information about you, your location, or your family.

THE GREELEY WELD SENIOR FOUNDATION PRESENTS THE ANNUAL



# HALL OF FAME

Wednesday May 22nd, 2024

Aims Community College Welcome Center

2:00pm - 4:00pm

4901 W 20th St Greeley CO 80634

Minimum suggested donation of \$5  
Charcuterie refreshments provided.

Reservations Required

RSVP by May 10, 2024 to Meredith Skoglund  
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## Veterans Echoes

### One Shot Norton

George Norton acquired the nickname “One Shot Norton” during the invasion of Okinawa. George was a gunner aboard the merchant ship SS Josiah Snelling and was credited with shooting down a Japanese Kamikaze plane.



**Brad Hoopes**

The shots he took in the Pacific were a far cry from the ones he took back in Kansas. They both shared the common thread of being taken in the name of survival though. The drought conditions of the Dust Bowl had killed the family’s cattle and George hunted the few rabbits around to provide meat for the family. Wanting to both serve and make for one less mouth at home to feed, he enlisted at age 17.

George was on the Snelling as part of the Navy Armed Guard when a Kamikaze crashed into the ship, showering him with shrapnel. “The shrapnel was so bad that it felt like a thick swarm of bees surrounding me.”, said George. One piece hit him in an eye, resulting in a Purple Heart.

The plane’s wreckage was cleared out and the ship limped back to San Francisco. They had sailed across the Pacific on an unstable powder

keg, as a 500lb bomb from the plane was later discovered still wedged in its hold.

George loved the Navy and made it a career. His 30-year career spanned the Korean, Cold and Vietnam wars and he rose to the rank of Master Chief.

When you see One Shot’s veteran cap, it is so loaded down with medals that you wonder how this 98-year-old is able to hold his head up without a neck brace!

*Brad Hoopes has a passionate project of preserving the stories of Veterans. You can visit: [youtube.com/@rememberandhonorstories](https://youtube.com/@rememberandhonorstories) to view George’s and other veterans’ stories.*



## GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



### Join and open a world of opportunities!

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

#### Membership Fee

\$35 resident, \$50 non-resident

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



▶ **Greeley Active Adult Center**  
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## Building Valuable Relationships!



(l-r) Janet Bedingfield, Noreen Flood taking advantage of the networking opportunity and a moment for a photo op.

SURE NETWORKING FOR THE ELITES provides that opportunity.

Individual careers and businesses genuinely benefit for such an opportunity. Business Professionals, Industry Experts and Entrepreneurs come together monthly to exchange ideas and insights for mutual growth. The "MIXER" as

the get togethers are called; serve to enhance business expansion and a chance to meet and interact with owners and representatives. There is proven value in such interaction. Don't miss the next opportunity. For more information, contact Ian Anthony Nelson [www.rlfarmerws.com](http://www.rlfarmerws.com) or call 970-227-7410.



Invited guests listening to a networking presentation.

## "Hands In Praise"



"HANDS IN PRAISE" beautifully sign THE LORD'S PRAYER.

A very moving experience to watch...

Is a extremely talented American Sign Language Christian Choir sponsored by Bethel Lutheran Church in Windsor. The Choir recently brought their "HANDS IN PRAISE" to the Christian Church of Windsor Sunday service. Their presence was truly a gift to the congregation. A blessed experience to be sure!

Our Mission: We, the members of the "HANDS IN PRAISE" choir, worship God and share our worship in song by signing (ASL) in American Sign Language. We believe by using ASL draws us into a deeper level of worship.

For more information about "HANDS IN PRAISE" please contact Choir Director Elaine Mainwaring 970-686-5319.



Front row (l-r) Robyn Upton, Elaine Mainwaring (Founder) Kathy Rickart. Back row (l-r) Catherine Bentiz, Chris Abegast, Kristi Baker, Becky Schneider.

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## Introducing the Women's Aerospace Network & Space Awards

WASHINGTON – April 18, 2024 – The Women's Aerospace Network is a new organization dedicated to making exploration for all. As the demand for the aviation and space industry continues to play a critical role in the global economy, the organization is poised to support the next generation of leaders in this fast-growing market.

"We believe that by highlighting the achievements of a diverse group of individuals in the field, we will inspire the next generation of leaders to reach higher and explore further," said Holly Pascal, founder of the Women's Aerospace Network.

The organization recently announced the inaugural Women in Space awards to empower women to pursue careers in aerospace with confidence and determination. There are eight categories for nominees including: Leadership, Entrepreneurship, Science & Innovation, Education & Outreach, Student Leadership, Medicine & Health, Business, and Pioneer.

"We've received an overwhelmingly positive response with over 100 submissions from over 20 countries.

The exploration of space has always provided hope for the next generation, and the nominees reflect the incredible progress and innovation happening across the industry today," continued Pascal.

The winners will be selected based on a combination of open voting and through an evaluation panel. The panel includes a diverse set of experts from across the space industry including Meredith Garofalo, Award Winning Broadcast Meteorologist & Space/Science Correspondent.

"These awards are an exciting opportunity to highlight the incredible contributions and innovations being made by women all over the world," shares Jennifer Rochlis, President & CEO of Advancing Frontiers, Former NASA Division Chief and advisor to the Women's Aerospace Network. "It's thrilling to reflect how much progress is being made advancing

space exploration, and I'm excited to meet this first cohort of finalists that are showing us the way."

The submission period is open until May 1st, 2024, and finalists will be announced on May 27th, 2024.

To submit a nomination, visit: [www.womensaerospace.com/nominate](http://www.womensaerospace.com/nominate).

Key Voices Pledging Support for the Women's Aerospace Network

- Jenny Wood, Director, America's Media Operations, Google
- Dana Mehnert, Retired President, L3Harris Communications Systems
- Nima Vadiee, Managing Vice President, Capital One Software
- Josh Perrius, Senior Vice President, Booz Allen Space

About the Women's Aerospace Network The Women's Aerospace Network is dedicated to making space for all. Established 2024, WAN is on a mission to connect, amplify, and inspire a universal passion for aerospace. We welcome all who seek a community based in a shared vision for humanity.

About the Women's Space Awards The Women's Space Awards are awarded annually each spring to honor the outstanding contributions made by women in space.

### Genealogy Rocks! Are Genealogy Societies Needed?



Carol Darrow

1924: The Colorado Genealogical Society was organized 10 years before the opening of the National Archives and Records Administration

opened in Washington, D.C., giving researchers their first access to census records.

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

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

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

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

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

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

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

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

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

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

Please call 970-351-0683 to schedule your visit and join us for a chef prepared lunch...

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## Pets Are Family

### Pet First Aid



Judy Calhoun

veterinarian as needed.

Familiarize yourself with basic first aid procedures for your pet regarding topics such as broken bones, bleeding, burns, seizures, heatstroke, choking, etc. A plethora of resources are available online specific to your pet's species and size. Did

you know you can get certified in administering life-saving CPR to dogs and cats? Sign up for a class online or find one locally in your community.

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

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

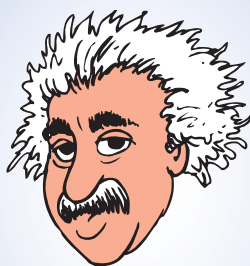
To honor National Pet First Aid Awareness Month, it's important we are properly prepared in the event our pet experiences a sudden medical emergency. Just as we keep a first aid kit handy for ourselves, having a well-equipped pet first aid kit and knowing basic first aid techniques can make all the difference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

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

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

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

## Find Einstein



Can you find the hidden Einstein in this paper?

F	A	I	T	H		S	O	P		T	A	N	K
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\$260  
Bus, hotel. (based on double occupancy)  
You will be on your own to explore Cripple Creek, Ride Victor Train, Gold Mine Tour and more..

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**Mackinac Island**  
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\$1259 for 9 days  
Motorcoach, lodging and 14 meals  
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**Silverton / Durango Train**  
September 21, 22, 23  
To Be Announced  
**The Ark Encounter**  
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\$1225 for 9 days  
**Creation Museum, Ohio Boat Tour, Cin-**

### Travel

**cinnati**  
Museum and more!  
South Dakota, Black Hills, Mt. Rushmore  
**Crazy Horse**  
October 7 – 11, 2024  
\$715 for 5 days  
Motorcoach, most meals, ticketed venues, sights and more!  
**Branson Christmas**  
November 10 -16, 2024  
\$1055 7days 10 meals, 7 shows  
More details on flyer!

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## Health & Community Resource Fair



Vendors and attendees interacting...

The Fair was held at the Johnstown Senior Center. The BIG NEWS is; the Fair drew an impressive attendance and was an enjoyable fun event. Very informative too!

Vendors displayed a wide variety of products and services directed towards senior adults. And, vendors made themselves available to answer questions and provide helpful and valuable information.

If you have any questions about the Johnstown Senior Center and coming events, please call Holly Darby, Senior Center Coordinator at 970-587-5251.



The team responsible for the Fair (l-r) Norma Juarez, Colorado School of Public Health Senior Student Intern (Her Senior Capstone Project); Holly Darby, Johnstown Senior Center Coordinator.

*Help us  
Help the 50+  
Community*

## Governor Polis Awards Staunton State Park as Best State Park

In April, Governor Polis visited Staunton State Park to celebrate its selection as Colorado's 'March Madness' favorite state park. To celebrate Colorado's 42 state parks, Governor Polis hosted a bracket where Coloradans voted on their favorite. The finalists came down to Golden Gate Canyon State Park and Staunton State Park, and Coloradans chose Staunton.

"Congratulations to Staunton State Park on winning the inaugural Colorado March Madness State Parks tournament! Colorado is home to some of the most beautiful parks in the country. Giving all Coloradans easier access to the outdoors is a top priority, from saving people money to making lands more accessible to protecting our incredible wildlife. With this competition, Coloradans got to pick their favorite state park and elevate all the incredible public lands that draw visitors from around the world," said Governor Polis.

Staunton State Park opened to the public in May 2013, becoming the 41st Colorado State Park. The park is home to the Track Chair Program, which breaks down barriers to access by providing access to motorized wheelchairs, making

it easier for everyone to explore Colorado's public lands. Staunton hosts a range of activities throughout the year, including everything from camping, hiking, archery, fishing, education programs and more.

In 2021, Governor Polis signed legislation creating the Keep Colorado Wild Pass, which reduced Colorado's state parks pass to just \$29, breaking down barriers to the outdoors. The pass became available on January 3, 2023. Coloradans who qualify can also sign up for the Centennial State Park Pass, which costs just \$14. Governor Polis also signed legislation creating the Outdoor Equity Grant Fund, which has provided 106 awards and over \$5.5 million to organizations that help more Coloradans and Colorado kids access Colorado's great outdoors.



## Another Winner At Windsor Community Playhouse



Performing cast marquee to the right as you enter Windsor Community Playhouse.

California Suite was superbly performed by a very talented cast. Their performances drew audiences into the play by way of character presentations, facial expressions, executed lines, activities and antics of the performing talents.

To the enjoyment of the audience, California Suite a Neil Simon creation showcased four couples from London, Philadel-

phia, Chicago and New York, who travel Los Angeles at different times during the same year and separately inhabit a Beverly Hills hotel suite, bringing along their problems, anxieties, and comical martial dilemmas.

Another Winner At Windsor Community Playhouse. The 2023-2024 Season has been and is a Huge Success for WCP...



## NEED HELP NAVIGATING MEDICARE?



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

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

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

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



## Social Security Today

### Social Security Eliminates Overpayment Burden for Social Security Beneficiaries

The Social Security Administration announced it will decrease the default overpayment withholding rate for Social Security beneficiaries to ten percent (or \$10, whichever is greater) from 100 percent, significantly reducing financial hardship on people with overpayments.

“Social Security is taking a critically important step towards our goal of ensuring our overpayment policies are fair, equitable, and do not unduly harm anyone,” said Martin O’Malley, Commissioner of Social Security. “It’s unconscionable that someone would find themselves facing homelessness or unable to pay bills, because Social Security withheld their entire payment for recovery of an overpayment.”

The agency works to pay the right people the right amounts at the right time, and Social Security issues correct payments in most cases. However, there is room to improve, as people count on the agency to prevent overpayments from happening and make it easier to navigate the recovery and waiver processes when they occur.

When a person has been overpaid, the law requires the agency to seek repayment, which can create financial difficulties for beneficiaries. As of March 25, 2024, the agency will collect ten percent (or \$10, whichever is greater) of the total monthly Social Security benefit to recover an overpayment, rather than collecting 100 percent as was previous procedure. There will be limited exceptions to this change, such as when an overpayment resulted from fraud.

There will be a short transition period where people will continue to experience the older policy. People placed in 100 percent withholding during this transition period should call Social Security’s National 800 Number at 1-800-772-1213 to lower their withholding rate.

The change applies to new overpayments. If beneficiaries already have an overpayment with a withholding rate greater than ten percent and would like a lower recovery rate, they too should call Social Security at 1-800-772-1213 or their local Social Security office to speak with a representative.

If a beneficiary requests a rate lower than ten percent, a representative will approve the request if it allows recovery of the overpayment within 60 months – a recent increase to improve how the agency serves its customers from the previous policy of only 36 months. If the beneficiary’s proposed rate would extend recovery of the overpayment beyond 60 months, the Social Security representative will gather income, resource, and expense information from the beneficiary to make a determination.

Social Security launched a comprehensive review in October 2023 of agency overpayment policies and procedures to address payment accuracy systematically (See Learn about Overpayments and Our Process | SSA and Press Release | Press Office | SSA). This procedure change is a direct result of the ongoing review. This change and the adjustment to 60-month repayment are part of four recently announced key updates to address improper payments (See Press Release | Press Office | SSA for more information). The agency also is working to reduce wage-related improper payments by establishing information exchanges with payroll data providers that will significantly reduce the number of improper payments, once implemented (See Press Release | Press Office | SSA for more information). The agency will continue examining programmatic policy and making regulatory and sub-regulatory changes to improve the overpayment process.

Additionally, people have the right to appeal the overpayment decision or the amount. They can ask Social Security to waive collection of the overpayment, if they believe it was not their fault and can’t afford to pay it back. The agency does not pursue recoveries while an initial appeal or waiver is pending. Even if people do not want to appeal or request a waiver, they should contact the agency if the planned withholding would cause hardship. Social Security has flexible repayment options, including repayment of as low as \$10 per month. Each person’s situation is unique, and the agency handles overpayments on a case-by-case basis.



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## Ageism Matters

### We Are All Leaders



Kris & Sara

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

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

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

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

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

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

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

#### Add your voice!

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

Information for the 50+ Community

## City of Greeley Active Adult Center Calendar

City of Greeley Active Adult Center Calendar  
The Greeley Active Adult Center (AAC) 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 Active Adult Center Sock Hop Senior Prom

May 11 | 5-8 p.m.

Dust off those poodle skirts and leather jackets and return to the 50s with hits from the golden era as we relive the nostalgia.

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

### Paint-R-tainment: Acrylic Painting Class – Baby Bee

May 17 | 2 p.m.

Instructor lead class, all supplies included no experience necessary. Fee: \$15 member, \$20 non-member

### Springtime Hootenanny

May 22 | 6:30-8 p.m.

It'll be a spirited event when David Durham and his wife, Soni, host a sing-along with well-known songs from folk, country, bluegrass, Irish, and rock 'n' roll eras.

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

### Get involved and stay up to date with Greeley City Council Meetings

Greeley City Council meetings are held in-person and online monthly every first and third Tuesday. Find City of Greeley's Civic Clerk Meeting Portal agendas at <https://greeleyco.portal.civicclerk.com>.

For more information, about 50+ travel programs and events, visit [GreeleyActiveAdultCenter.com](http://GreeleyActiveAdultCenter.com)



## SPRING-TIME!

"In the Spring, I have counted 136 different kinds of weather inside of 24 hours." - Mark Twain

When one flower blooms, spring awakens everywhere.

"Despite the forecast, live like it is spring"



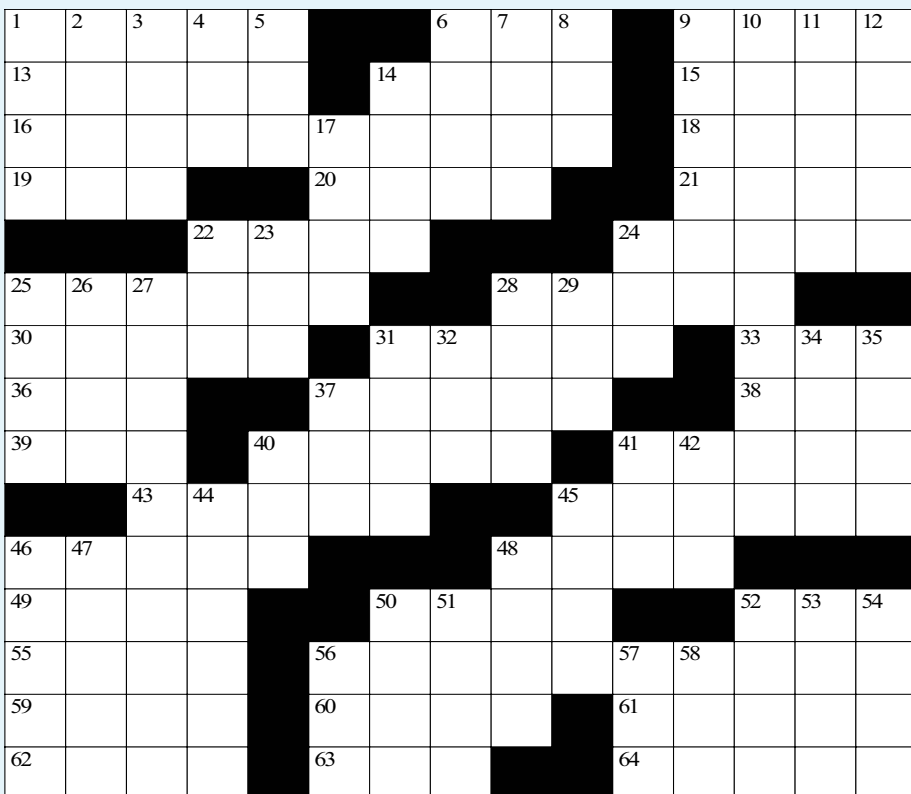
## Friendly Fork Menu - May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Need to order or cancel?</b> Please call the designated meal site or the Nutrition Hotline (970-400-6955) by 11 a.m. the business day prior to the meal</p>		<p>Chicken &amp; Dumplings, Green Beans with Bacon, Corn, Anjou Pear, 1% Milk</p> <p>Calories 704 kcal Carbs 82 gm Fiber 11 gm Protein 40 gm Fat 24 gm Sodium 1075 mg</p>	<p>Honey Balsamic Pork Outlet, Cheddar Mashed Potatoes, Grilled Asparagus, Brazilian Carrot Salad, Strawberries, 1% Milk</p> <p>Calories 684 kcal Carbs 73 gm Fiber 7 gm Protein 39 gm Fat 25 gm Sodium 729 mg</p>	<p>Greek-Style Turkey Meatballs with Feta Cheese, Grilled Pita Bread, Quinoa Vegetable Salad, Broccoli, Orange Slices, 1% Milk</p> <p>Calories 682 kcal Carbs 69 gm Fiber 9 gm Protein 36 gm Fat 29 gm Sodium 958 mg</p>
<p>Honey Ginger Chicken Thigh with Jasmine Rice &amp; Side of Soy Sauce, Bok Choy Vegetable Blend, Fresh Fruit Salad, Almond Cookie*, 1% Milk</p> <p>Calories 695 kcal Carbs 87 gm Fiber 6 gm Protein 35 gm Fat 15 gm Sodium 784 mg</p>	<p>French Dip Sandwich with Side of au Jus, Pinto Beans, Balsamic Roasted Brussels Sprouts, Cantaloupe, 1% Milk</p> <p>Calories 690 kcal Carbs 92 gm Fiber 14 gm Protein 47 gm Fat 16 gm Sodium 840 mg</p>	<p>Beef &amp; Mushroom Meatloaf with Ketchup Glaze, Mashed Potatoes &amp; Beef Gravy, Wheat Roll with Butter, Sautéed Broccoli &amp; Carrots, Orange Slices, 1% Milk</p> <p>Calories 777 kcal Carbs 85 gm Fiber 9 gm Protein 39 gm Fat 22 gm Sodium 1145 mg</p>	<p>Apple Cider Chicken Breast, Couscous &amp; Dried Fruit, Peas &amp; Pearl Onions, Diced Mango, Pumpkin Spice Sugar Cookie, 1% Milk</p> <p>Calories 747 kcal Carbs 81 gm Fiber 8 gm Protein 40 gm Fat 27 gm Sodium 758 mg</p>	<p>Beef &amp; Cabbage Casserole, Garlic Breadstick, Harvard Beets, Diced Honeydew Melon, 1% Milk</p> <p>Calories 705 kcal Carbs 86 gm Fiber 6 gm Protein 31 gm Fat 17 gm Sodium 519 mg</p>
<p>Whole Wheat Spaghetti with Beef/Pork/Mushroom Bolognese Sauce &amp; Parmesan Cheese, Steamed Carrots, Fruit Salad, Honey Blueberry Cheesecake Bar, 1% Milk</p> <p>Calories 729 kcal Carbs 82 gm Fiber 11 gm Protein 32 gm Fat 16 gm Sodium 583 mg</p>	<p>Kalua Pulled Pork, Mashed Potatoes &amp; Mushroom Gravy, Marinated Vegetables, Low-Fat Cottage Cheese, Pineapple, 1% Milk</p> <p>Calories 686 kcal Carbs 60 gm Fiber 5 gm Protein 39 gm Fat 32 gm Sodium 1117 mg</p>	<p>Grilled Chicken Thigh with Gravy, Roasted Sweet Potatoes, Pea/Mushroom/Bacon Sauté, Fresh Fruit Mix, Apricot Bar with Walnuts*, 1% Milk</p> <p>Calories 680 kcal Carbs 71 gm Fiber 10 gm Protein 39 gm Fat 25 gm Sodium 767 mg</p>	<p>Beef Tamale Pie, Refried Beans, Creamy Cilantro Colelaw, Blueberries, Gelatin Parfait*, 1% Milk</p> <p>Calories 683 kcal Carbs 84 gm Fiber 15 gm Protein 33 gm Fat 23 gm Sodium 1173 mg</p>	<p>Chicken Fried Steak &amp; Mashed Potatoes with Country Gravy, Spinach &amp; Mushroom Salad with Balsamic Vinegar Dressing, Strawberry Fruit Salad, 1% Milk</p> <p>Calories 702 kcal Carbs 70 gm Fiber 7 gm Protein 31 gm Fat 31 gm Sodium 1308 mg</p>
<p>Kansas City BBQ Beef Sandwich, BLT Side Salad, Orange Slices, Lemon Bar, 1% Milk</p> <p>Calories 726 kcal Carbs 80 gm Fiber 7 gm Protein 38 gm Fat 27 gm Sodium 1300 mg</p>	<p>Chicken Alfredo over Whole Wheat Penne, California Blend Vegetables, Fruit Salad, Strawberry Basil Cheesecake Bar, 1% Milk</p> <p>Calories 710 kcal Carbs 81 gm Fiber 10 gm Protein 41 gm Fat 25 gm Sodium 784 mg</p>	<p>Turkey Club on Wheat with Tomato, Bacon &amp; Sundried Tomato Mayo, Vegetable Olive Salad, Mixed Fruit, Peanut Butter Cookie*, 1% Milk</p> <p>Calories 709 kcal Carbs 76 gm Fiber 7 gm Protein 39 gm Fat 28 gm Sodium 1175 mg</p>	<p>Chicken Caesar Entrée Salad with Tomatoes, Cucumbers, Parmesan Cheese &amp; Croutons, Baked Sweet Potato Half with Butter &amp; Sour Cream, Anjou Pear, Carrot Cake, 1% Milk</p> <p>Calories 743 kcal Carbs 87 gm Fiber 11 gm Protein 35 gm Fat 28 gm Sodium 820 mg</p>	<p>Smoked Ham &amp; Potato Frittata with Salsa, Roasted Mushroom Vegetable Blend, Greek Yogurt Parfait with Strawberries &amp; Blueberries, Morning Glory Muffin with Butter*, 1% Milk</p> <p>Calories 726 kcal Carbs 75 gm Fiber 7 gm Protein 37 gm Fat 30 gm Sodium 836 mg</p>
<p><b>WE WILL BE CLOSED</b> MEMORIAL DAY</p>	<p>Hamburger on Whole Grain Bun with Tomato, Onion, Pickles &amp; Side of Mustard/Mayo/Ketchup, Pickled Beets, Tomato &amp; Avocado Salad, Half Banana, 1% Milk</p> <p>Calories 698 kcal Carbs 79 gm Fiber 9 gm Protein 34 gm Fat 28 gm Sodium 1040 mg</p>	<p>Beef Lasagna, Herbed Breadstick, Brussels Sprouts with Side of Malt Vinegar, Strawberry Fruit Salad, 1% Milk</p> <p>Calories 677 kcal Carbs 60 gm Fiber 7 gm Protein 43 gm Fat 28 gm Sodium 862 mg</p>	<p>Roasted Tilapia with Lemon Butter Sauce, Orzo Pasta with Herbs, Sautéed Broccoli, Apple, 1% Milk</p> <p>Calories 694 kcal Carbs 76 gm Fiber 10 gm Protein 39 gm Fat 26 gm Sodium 644 mg</p>	<p>Sweet &amp; Sour Pork with Rice &amp; Vegetables, Side of Soy Sauce, Edamame, Orange Slices, 1% Milk</p> <p>Calories 825 kcal Carbs 90 gm Fiber 9 gm Protein 41 gm Fat 32 gm Sodium 480 mg</p>

The nutritional content of the meals is reviewed by Jessi Like, RD (970-400-6118, [jlike@weld.gov](mailto:jlike@weld.gov)). Detailed nutritional values, allergen information, nutrition education, and nutrition counseling can also be provided upon request.

## 50 Plus Marketplace News Crossword Puzzle

May 2024  
Answers page 9



- 61** Containing iodine  
**62** Sea eagle  
**63** Diving bird  
**64** Very little bit

### DOWN

- 1** Process of combustion  
**2** Continent  
**3** Is not  
**4** Drag  
**5** Norse goddess  
**6** Sodium carbonate  
**7** Singles  
**8** For each  
**9** Copper-zinc alloy  
**10** Not involved in politics  
**11** Monarchy in the Himalayas  
**12** Leg joints  
**14** Ancient town in N Africa  
**17** Executive Officer  
**22** High-pitched  
**23** Sister  
**24** Average  
**25** Small island  
**26** Side  
**27** Act of accusing  
**28** Verge  
**29** Not  
**31** Cut  
**32** Organ of hearing  
**34** Dictator  
**35** River in central Europe  
**37** Comrade  
**40** Move quickly  
**41** Command to a horse  
**42** Color  
**44** Wrinkle  
**45** Decree  
**46** Tremble  
**47** Escapade  
**48** Metal  
**50** German Mrs  
**51** Chain piece  
**52** To yield  
**53** Auricular  
**54** Narrow strip of land  
**56** Two  
**57** Belonging to him  
**58** Cut off

### ACROSS

- 1** Trust  
**6** Dip in liquid  
**9** Liquid container  
**13** Point in question  
**14** Sector  
**15** Not closed  
**16** Person who leads others  
**18** Brood  
**19** Consume  
**20** Christmas  
**21** Blue-gray  
**22** Seaward  
**24** Buckets  
**25** Sloping letter  
**28** Make into an act  
**30** Cults  
**31** Tree

### 33 Revised form of Esperanto

- 36** Resinous deposit  
**37** Sandy bathing beach  
**38** Food regurgitated by a ruminant  
**39** Large flightless bird  
**40** Republic in central Africa  
**41** Elegance  
**43** Skin of the upper part of the head  
**45** Tentacle  
**46** Escarpment  
**48** Told an untruth  
**49** Detest  
**50** Bloodsucking insect  
**52** Study carefully  
**55** Capital of Western Samoa  
**56** Competitor in a triathlon  
**59** Greek island in the Aegean  
**60** Stick used by a magician



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