

50 Plus Marketplace



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

February 2025 • Volume 31 • Issue 2

Valentine's Day History, Traditions, & Gift Ideas



Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honoring a martyr named Valentine. Through later folk traditions, it has also become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Saint Valentines connected to February 14, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer.

Numerous later additions to the legend have better related it to the theme of love: tradition maintains that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed

"Your Valentine" as a farewell before his execution.

While the custom of sending cards, flowers, chocolates, and other gifts originated in the UK, Valentine's Day still remains connected with various regional customs in England. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were scared of this mystical person.

Today, according to Hallmark, an

estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas).

Valentine's Day is the perfect opportunity to let that special someone know how you feel about them. Whether it be a spouse, a new boyfriend or girlfriend, or a best friend, let these thoughtful gift ideas show them how much you really care:

1. Flowers: A bouquet of roses will stand the test of time, just like your

love story. You have two options: Assemble it ahead of time and arrange it in a vase, or do it together during your next at-home date night.

2. A better bath: With a bath basket, you are not only transforming a standard household bathroom into a spa-like retreat, but you are also giving the gift of self-care. Fill the basket with soothing bath oils, fragrant bath bombs, calming soaking salts and aromatic candles.

3. Tickets for two: Two tickets to a special event shows that you are not only paying attention to your loved one's favorite things, but that you also support their interests. Be it the opera, a basketball game, or the concert of a beloved artist, give the gift of a one-of-a-kind date night, and amazing memories.

4. Chocolates: Spell out your love with chocolate truffles. The taste will definitely spell love!

5. More time in the evening: Delivering wholesome, nutritious ingredients and recipes to doorsteps, a meal subscription service takes some of the heavy-lifting out of menu prep and grocery shopping, giving your Valentine more time to spend on personal pursuits.

As you make your Valentine's Day plans, remember that the best gifts will not only dazzle and impress your special someone, but also make them feel cared for and appreciated. Courtesy of Statepoint & Wikipedia.

Medical Breakthroughs on Living Longer

Would you want to live to 150? The question sounds hypothetical. But thanks to a handful of scientific breakthroughs that have emerged in just the past two years, it might not be. In 2023, Tony Wyss-Coray and his team at Stanford University were able to calculate the rate of aging of 11 major organs using proteins in the blood known as biomarkers. And this past July, researchers in Sweden announced they'd found that a simple blood test could detect Alzheimer's disease with about 90 percent accuracy.

These discoveries have helped to create a new foundation upon which researchers can build, with the promise of detecting, treating and even halting emerging diseases—think heart disease, cognitive decline, and many forms of cancer before they have a chance to make us ill.

A mind-boggling tsunami of research is suddenly emerging from universities all over the world. In labs, old, frail mice that share blood with younger mice become healthier, stronger, and live longer. Researchers believe this technology could one day be applied to humans. Such advances, which not too long ago were the domain of sci-fi novels and superhero movies, are now within sight.

Today, the maximum human lifespan is estimated at somewhere between 115 and 120 years. (French-

woman Jeanne Calment, believed to be the oldest person who ever lived, died in 1997 at 122.) But researchers who study aging are no longer just focused on longevity. Instead, the end game is long life without many of the diseases that are associated with aging on not lifespan, but health span.

"We're not looking to have people live forever," says Thomas Rando, director of the UCLA Broad Stem Cell Research Center in Los Angeles. "We're looking to have them lead healthy lives for as long as they live. That's the dream."

In their quest to improve health span, more researchers are studying the field of "super agers," people over 80 whose memory is at least as good as those in their 50s and 60s. What separates these late-life high achievers from the average population? And how can the rest of us catch up?

"On average, individuals experience cognitive decline with each successive decade from our 30s and 40s onward," says neuro-scientist Emily Rogalski, director of the University of Chicago Healthy Aging & Alzheimer's Research Care (HAARC) Center, who first defined the term super ager. "Identifying key factors that allow for youthful memory holds promise for helping others extend their health span and avoid Alzheimer's and related dementias."

Indeed, the biggest risk factor for

chronic diseases such as heart disease, Alzheimer's disease, type 2 diabetes, cancers, osteoarthritis, even hearing loss is simply getting older. If we can slow the rate of aging, we can also delay, and perhaps prevent, the onset of disease, allowing people to live longer and healthier.

"We've identified some dials we can tweak that allow us to change the rate of aging," says Eric Verdin, president of the Buck Institute for Research on Aging.

"The hypothesis is not fully proven yet, but the evidence is pretty strong," he says. "The aging field is transforming medicine."

This new way of looking at disease has triggered a tectonic shift in the science of aging, a field of research referred to by a different name: geroscience. The goal of geroscience is to extend physical health and cognition and make being a super ager the rule, rather than the exception.

Visit our website to see the remainder of this informational article on aging!



INSIDE

Boulder County
Page 2

Metro Denver Counties
Page 6

Weld County
Page 8

Larimer County
Page 15

Senior Activities
Page 18

Classifieds
Page 19

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

Published by

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

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

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

emailed.

DEADLINE

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Michael Gumb

Contributing Writers

Boulder County Senior Centers
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Bob Larson

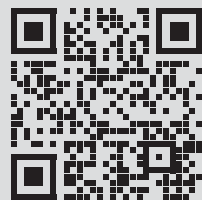
Product Consultants

Michael Buckley
Robert Trembly

Design/Production

Kit Brown

Smart Phone Access



Printed on Recycled Paper

FEBRUARY

Calendar

BOULDER

Tuesday/4

Boulder Genealogical Society presents a free program on "Cause of Death: Dissecting Coroner's Records for Genealogical Research" by Lisa Alzo at 6:45 pm on Zoom only. Learn how to determine if your ancestor appeared in a Coroner's report, where to find Coroner's records, what details they include to further your genealogy research, and much more! Please register online at <https://www.bouldergenealogy.org/>

Wednesday/12

Longmont Genealogical Society presents a free program on "New Mexico Hispanic Research Techniques" by Chris M. Pederson at 1 pm at the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets, in Longmont and on Zoom. The speaker will use a case study from his wife's Hispanic ancestry to discover where to find the records and how to use them. Please register online at <https://longmontgenealogicalsociety.org/> to receive the

Zoom info.

Thursday/13

CU Boulder Presents Symphony Orchestra Spring Concert at 7:30 pm in the Macky Auditorium Concert Hall, 1595 Pleasant St, in Boulder. Free program, but register online at cupresents.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

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Ron Stern's Travel Series

Fayetteville Unveiled: History, Culture, and Culinary Delights

Fayetteville, nestled in northwest Arkansas, offers an idyllic getaway for seniors seeking authentic Southern charm and hospitality. Only a short 2-hour flight from Denver International Airport, this city proudly boasts a wide range of dining options, cultural diversions, and outdoor adventures.

Northwest Arkansas National Airport (XNA), located in Bentonville, is home to the headquarters of Walmart and Sam's Club. After flying in and renting a car, it's a pleasant 30-minute drive to Fayetteville. For accommodations, my recommendation is to stay at The Inn at Carnall Hall, located in the heart of the University of Arkansas campus. If you visit during football season and are a fan, take in a Razorback game held at the impressive Donald W. Reynolds Stadium.



Carnall Hall

Depending upon your appetite and preferences, you will enjoy a smorgasbord of culinary choices. Some of my favorites include Little Bread Co. (breakfast and

cream puffs), Leverett Lounge (casual fine dining), Girls Gone BBQ (excellent smoked meats). I also really liked The Catfish Hole (fried catfish with all the fixings).

For history buffs, Prairie Grove Battlefield State Park is a must-visit. The site of a historic confrontation between Union and Confederate troops in 1862, the open fields and reconstructed buildings have been well-preserved. Their 14-stop driving tour reviving elements of this Civil War battle is both moving and memorable.



Battlefield State Park

This city also doesn't scrimp on arts and entertainment. Theatre Squared is the largest theater in the state offering more than 350 performances per year. The Folk School of Fayetteville is where locals gather for some free musical entertainment. An informal and lively Irish Jam session was playing the night I visited.

The Mount Sequoyah Center

has all sorts of arts, education, and entertainment diversions as well as a scenic overlook of the city at sunset.



Mt Sequoyia Cross

The gently rolling hills of the Ozarks also offer some brilliant ways to interact with nature. The Botanical Garden of the Ozarks, for example, has 12 themed gardens and several unique exhibits.



The Botanical Garden of the Ozarks

For cycling or walking, the Razorback Greenway is a local gem featuring 36 miles of paved trails. Renting an e-bike from Pedego Electric Bikes is a great way to see as much of the terrain as possible. The power assist of these bikes

will empower even novice riders, making them feel like they have superhero powers!



e-Bike tour around Lake Fayetteville

Whether you're considering a short 3-day getaway or an extended holiday, the welcoming spirit of Fayetteville will make you feel right at home.

This was a sponsored visit; however, this story represents the author's honest opinions.



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Mental Health

Caring for the Caregivers

National Caregivers Day is the third Friday in February each year. This year, it falls on February 21st. This dedication is a reminder to show appreciation and gratitude for the people who provide care to others. The personal contributions of people who devote time and energy to care for others often go unrecognized. As such, consider expressing gratitude for the caregivers in your life.



Kirsten Carlson

Although caregiving itself is rewarding, it can be a challenging and underpaid job. Caregivers commonly experience anger and resentment. For many caregivers, the needs of the care receiver supplant their own needs, which has a cumulative impact on the caregiver's health and wellness over time.

If a caregiver shows signs of anger, resentment, frustration, or passive aggressive behavior show, they may be experiencing burnout. Burnout occurs when a

caregiver provides care for others without paying enough attention to their own needs. This experience is common, especially when family or friends are unable to help.

Fortunately, there are resources and free classes available to support caregivers and family members. Also, recognition of caregivers - with flowers, meals, or other gifts - can be a wonderful way to acknowledge the important work they do. For care providers who are unable to accept gifts or reluctant to accept help, a handwritten card or kind word can be a meaningful gesture to show your appreciation and gratitude for all they do.

Kirsten Carlson is a Licensed Professional Counselor at Clinica Family Health & Wellness who provides counseling to adults. She is passionate about people having access to quality mental health care in the community where they live.

Poetry Rising

Ah, the season of love. Hearts and flowers. Celebrating outgoing and incoming. Remembering those who have gone before and love us still. Do you find that people often tell us that we should expect losses as we age? We should "get it" that losing friends is part of growing older. Statistically, that is certainly true. But/and it is also true that we need to make space in our days and nights to grieve. The fact that, "it is time" does not diminish the reality that special people need to be remembered in special ways. It's also "to be expected."

TO BE EXPECTED

Of course
 we're getting older.
 It's to be expected
 that one by one
 loved ones move along.

But no way
 is life allowed
 to also take away
 our right to grieve.

Listen up world.
 Loss and new life
 walk hand in hand.
 And tears are an important part
 of their parade.

So,
 Listen up.
 Life can take away our loves,
 but not our longings.
 Some things just never die.
 That's not to be expected,
 you hear?

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CU Boulder Presents Wind Symphony & Symphonic Band on Feb 6

Join the University of Colorado Boulder Wind Symphony and Symphonic Band for their first concert of the spring season, "Solo Voices." The Wind Symphony program will feature two world premieres including "Glimmer-glass" by composer-in-residence Kevin Day commissioned by the CU Boulder College of Music for Professor of Flute Christina Jennings. Also featured is a transcription for Wind Ensemble of "RE|Member" by composer Reena Esmail and Symphony No. 2 by James Stephenson.

The Symphonic Band will kick off the semester with an exciting program featuring a work by composer-in-residence Kevin Day and additional selections by Howard Hansen, Morten Lauridsen and David Maslanka. We look forward to sharing this incredible music with you!

The Wind Symphony comprises the College of Music's most outstanding wind, brass, and percussion students. Founded in 1978, the group is committed to performing the finest wind repertoire, regardless of era or ensemble size—ranging from recently performed works by Ida Gotkovsky and the college's own Carter Pann to additional diverse works

by Carlos Simon, Omar Thomas, Joan Tower, and Xi Wang.

The Wind Symphony also values the importance of collaboration by working with various faculty and guest artists. Performances on campus and across Colorado, as well as at conferences and abroad, have earned the ensemble international acclaim.

Since its formation over 50 years ago, the Symphonic Band has performed at major national conventions, including the Music Educators National Conference and the College Band Directors National Association. Concerts presented both in Colorado and out of state have won the acclaim of band directors and composers for the interpretive performance of outstanding works for the symphonic band medium.

Join the event at the Macky Auditorium Concert Hall, 1595 Pleasant St, in Boulder on February 6th at 7:30 pm. Please pay what you can before or after enjoying this special presentation or join for free! Register online at cupresents.org or call the box office at 303-492-8008.



Reflections

Hugs!



Martha Coffin Evans

"I'm a hugger," the young man proudly proclaimed. Indeed, he proved that statement by proceeding to give a number of non-stop hugs. Actually, I might have received eight hugs within a short period of time that afternoon.

Years ago, I remember either seeing Leo Buscaglia or reading his several books on the importance of loving each other. He told how he and his brother never caught colds as their mother had them wear garlic around their necks. Garlic certainly must have warded off an enthusiastic hugger in his growing up years.

Buscaglia, a motivational speaker, writer and university professor, promoted the concept of love and humanity's need for hugs. His "recipe" for hugs reads something like this – five for survival, eight for maintenance and 12 for growth or to thrive.

During our lock down times in the pandemic, didn't we wish for hugs and the physical ability to connect with each other? "The first thing I want to do when this is over is to start hugging my friends," was most likely something I or others said. Indeed, so many have been providing hugs

ever since.

Of course, not all hugs become equal or, for some, wanted. "Is a hug okay?" asked a friend recently. This colleague's hug was more the one arm side variety. Its action acknowledged a long working relationship on a special student centered project.

My friend's asking for permission provides an etiquette example. Workplace hugs may differ from others given in social situations. Open arms may help clarify if a hug is welcome or a handshake more so.

We hug hello as well as goodbye. Even google has information about their length: 3 – 5--10 seconds.

However, whenever, if ever we hug becomes a personal choice. Should you be a hugger, enjoy February 12 --- Hug Day!

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

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“And so, my fellow Americans: ask not what your country can do for you—ask what you can do for your country. My fellow citizens of the world: ask not what America will do for you, but what together we can do for the freedom of man.” — John F. Kennedy

“If we do not want to die together in war, we must learn to live together in peace.” — Harry S. Truman

“When there is a lack of honor in government, the morals of the whole people are poisoned.” — Herbert Hoover

“We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.” — Jimmy Carter

“Peace is more than just an absence of war. True peace is justice, true peace is freedom, and true peace dictates the recognition of human rights.” — Ronald Reagan



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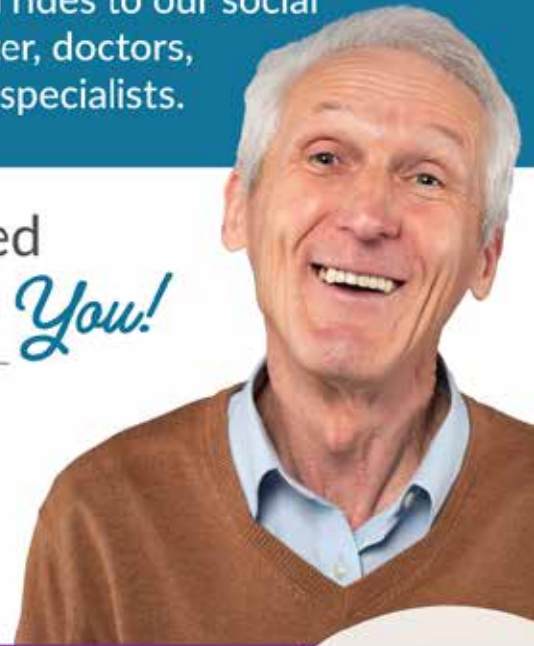
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Now Hear This

Heart Health and Hearing: How They're Connected



Dr. D'Anne Rudden

As we grow older, maintaining our heart health becomes a priority, but did you know that heart health can also affect your hearing? Keeping an eye on both your cardiovascular and hearing health is crucial to leading a full, active life.

The connection between heart health and hearing lies in blood flow. The inner ear relies on a rich supply of blood to function properly. When the heart is not working efficiently due to conditions like high blood pressure, high cholesterol, or other cardiovascular issues, it can reduce blood flow to the ear, potentially leading to hearing loss. In fact,

research has shown that people with heart disease are more likely to experience hearing loss.

Protecting your hearing can be as simple as taking care of your heart. Regular exercise, eating a heart-healthy diet, and managing stress are great ways to maintain good cardiovascular health. And just as you schedule regular check-ups with your doctor to monitor your heart, it's important to include routine hearing tests, especially if you have a history of heart disease.

If you're experiencing signs of hearing loss—like trouble understanding conversations, especially in noisy environments—don't ignore them. Early detection can make a big difference. Treating hearing loss not only improves communication but can also enhance your overall well-being and quality of

life.

This year, take care of both your heart and your hearing. A healthier heart leads to better hearing, and better hearing leads to a richer, more connected life.

Dr. D'Anne Rudden, a Doctor of Audiology, has been serving our Longmont Community since 1992. She is a board-certified Doctor of Audiology. In 2020, Dr. Caney Demars joined the team, adding her experience and a deep commitment to serving our community. Dr. Rudden is also one of the six founding members for Hearing the Call-Colorado, a non-profit dedicated to providing hearing healthcare to income-qualified individuals. To date, the organization has helped 214 people across Colorado, including 48 right here in Longmont.



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FEBRUARY Calendar

DENVER-METRO

Saturday/8

The Castle Rock Genealogical Society presents a free program on “Just the Ticket to Find Your RR Ancestors” by Mary Kirscher Roddy at 10 am on Zoom only. Discover the many different kinds of records a trainman’s life might have created. Please register online at <https://crgs.org/>.

Saturday/15

The Colorado Genealogical Society presents a free program on “Books. They’re Still a Thing” by Bobbi King at 9:30 am on Zoom only. Over the past few years, Bobbi has reviewed books for Dick Eastman’s Online Genealogy Newsletter. As a result, she’s looked at and read through hundreds of books. She offers to talk about what books you might like to have in your library, and some you should take a pass on. Please register online at <https://cogensoc.us/>.

Thursday/13

The Colorado Gerontological Society presents a free program on “The Basics: Powers

of Attorney” on Zoom at noon. A power of attorney (POA) is a legal document that allows someone you to choose, called an “agent” to make decisions and act on your behalf, particularly when you are unable to do so for yourself due to incapacity or absence. A POA gives another person the authority to manage certain aspects of your life on your terms. 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

Genealogy Rocks!

Did your fourth great-grandfather apply for a Revolutionary War pension that was granted in 1818, only to be removed from the rolls in 1820? What happened?

On March 18, 1818 (3 Stat. 410), the U. S. Congress agreed to grant pensions to Revolutionary War veterans for service from which no disabilities resulted. Officers and enlisted men were eligible under the terms of the 1818 act if they had served in a Continental military organization or in the U.S. naval service (including the Marines) for 9 months or until the end of the war.

Pensions granted under this act were to continue for life. The service-pension act of 1818 resulted in a great number of applications, many of which were approved. However, financial difficulties and charges that applicants were feigning poverty to obtain benefits caused Congress to enact remedial legislation on May 1, 1820 (3 Stat. 569). The new law required every pensioner receiving payments under the 1818 act, and every would-be pensioner, to submit a certified schedule of his estate and income to the Secretary of War who was authorized to remove those persons he believed were not in need of assistance. Thousands who had been approved were then removed from the pension rolls.

The next opportunity to apply for a pension simply for service occurred in 1832. Changes in the law affect records ranging from marriage records, bounty land grants, tax records, census taking, immigration and naturalization. What may seem confusing about a record on why did they have a marriage bond instead of a marriage license is usually clarified if you Google a specific topic, location, and year. Records are based on the requirements in the law. Checking the law in the state and time of a record can help you unravel a mystery in your family.



Carol Darrow

Carol Cooke Darrow is a certified genealogist and teaches beginning genealogy classes at the Central Denver Public Library.

Our Valentines

It wasn’t long ago when we first shared heart-shaped candies and cards with someone special in elementary school, and grander gifts in times since. Yet the depths of this tradition go back a bit further.



Steve Anderson

Sometime in the fourth century BC, Greek philosopher Aristotle wrote, “Love is composed of a single soul inhabiting two bodies”, and from the same time came the Greek god of love, Cupid. While other traditions followed, some less loving than others, its the heart-felt meanings that often remain, despite a commercial take centered on dollar signs rather than arrows and hearts.

When we focus our aim on love, we surely benefit as much from giving as getting. Alfred Tennyson shared, “If I had a flower for every time I thought of you, ...I could walk through my garden forever.” Yes, love is indeed blind, as we can feel it expressed by others through words, hugs or even what isn’t said as emotions rise.

Long before Romans conjured the holiday, Lupercalia, pagan celebrations better forgotten, before priests conjured versions of

St. Valentine, even before written language, feelings of love expressed in countless ways have said it all.

Biblically speaking, there’s Agape, God’s love for humanity, unconditional and charitable, the highest form of love. Eros

reflects passion, an intimate, emotional connection. There’s Storge, a familial love shared between parents and children or siblings. And of course Philia, a love between friends and equals shared through companionship and loyalty.

If only we went into every relationship, with sweethearts, loved ones and even coworkers, with love in our heart, words and deeds, life would go so much easier. By wearing our hearts on our sleeves, love flourishes, enabling others to return it in kind, and enjoy a Happy Valentines, this and every day!

*Happy
Valentines
Day*



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We’re Making It Easier To Do Business With Us Online

Rebecca Rose, Senior Public Affairs Specialist in SSA’s Office of Inspector General’s Division of Communications, joined episode 5 of SSA Talks to discuss Social Security scams and how to recognize them. Recognizing the signs of a scam gives you the power to ignore criminals and report the scam.

In this episode Rebecca discusses the 4 basic signs of a scam. She reveals that scammers will usually:

1. Pretend to be from an agency or organization you know to gain your trust.
2. Claim that there is a problem or that they have a prize.
3. Pressure you to act immediately.
4. Tell you to pay in a specific way such as gift cards.

The episode also includes testimony from scam survivor, Kate Kleinert. She’s a widow who shares her story of losing \$39,000 to a romance scam and offers advice on recognizing and reporting scams.

Our blog titled What You Can Do To Protect Your Personal Information at blog.ssa.gov/what-you-can-do-to-protect-your-personal-information covers ways you can safeguard your personal information from scammers. To learn more about scams and how to report scams to our Office of the Inspector General, visit our Scams webpage at www.ssa.gov/scam.

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Senior Answers and Services provides counseling and consulting for seniors and their families as well as information, resources, and services to improve quality of life for older adults.

Happy Valentine's Day

Walter Winchell Never above you. Never below you. Always beside you.

Katharine Hepburn Love has nothing to do with what you are expecting to get — only with what you are expecting to give — which is everything.

Reese Witherspoon There's no bad consequence to loving fully, with all your heart. You always gain by giving love.

Princess Diana I don't go by the rule book ... I lead from the heart, not the head.

Loretta Young Love isn't something you find. Love is something that finds you.

Robert Browning Grow old with me! The best is yet to be.

Winnie the Pooh If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you.

Martin Luther King Jr. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that

Ann Landers Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses.

Denver Regional Mobility & Access Council (DRMAC)



Denver Regional Mobility & Access Council (DRMAC) is a non-profit organization that addresses transit needs for all by coordinating, advocating, and educating to achieve our mission of mobility & access for all! DRMAC serves the following Colorado counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Gilpin, and Jefferson

Getting There Travel Training

DRMAC provides a FREE multi-modal transit training course, teaching individuals in our community how to use a variety of mobility options other than SOV. To register for a travel training email sonell@drmac-co.org

Information & Assistance Line

The DRMAC Transportation I&A Center is a free, live-line resource to help users identify transportation options in the Metro Denver area. The I&A line is open Monday-Friday from 8:30am to 5:00pm. Call 303-243-3113

Getting There Travel Guide

Our Getting There Guide is a printed guide to transportation services for the Denver Metro area. To download a PDF version of the guide, or to request a paper copy please visit our website at www.drmac-co.org or call us at 303-243-3113.

Getting There Travel App

The Getting There app is a great tool to use when looking for transit options on the go! Our app provides transit options tailored to location, accommodations, age, and more! It is free to download, easy to use, and can be downloaded on to apple and android devices

Monthly Meetings & Events

DRMAC hosts monthly meetings, events, and trainings in partnership with the community to share information and resources. The overall goal is to make transportation accessible and affordable for all

Membership

The support of our members and community partners is crucial to our mission. Membership helps us continue our work from a four-pronged approach: advocacy, coordination, education, and information.

For more info about DRMAC programs please email info@drmac-co.org or call 303-243-3113



Walk with a Doc

Take a Step Toward Better Health

In light of frequent changes due to COVID-19, Check NJHEALTH.ORG/WWAD for the latest schedule

MEET NEW PEOPLE • LEARN ABOUT HEALTH • WALK AND GET FIT WITH DOCTORS
FREE BLOOD PRESSURE CHECKS, GREENWAYS, COFFEE, AND BREAKFAST.

Many more walks all over the Denver metro region! See the full list at NJHEALTH.ORG/WWAD



Membership

JOIN US!

Hispanic Chamber membership is open to small businesses and non-profit organizations as well as small, mid-sized and large corporations. For more information about Hispanic Chamber membership please contact us at **303.534.7783** or e-mail us at info@hispanicchamberdenver.org

FEBRUARY Calendar

WELD

Thursday/6

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

Thursday/13

The Colorado Gerontological Society presents a free program on "The Basics: Powers of Attorney" on Zoom at noon. A power of attorney (POA) is a legal document that allows someone you to choose, called an "agent" to make decisions and act on your behalf, particularly when you are unable to do so for yourself due to incapacity or absence. A POA gives another person the authority to manage certain aspects of your life on your terms. Please register online at <https://www.senioranswers.org/>.

Monday/17

The University Orchestra performs at UNC's Campus

Commons Performance Hall at 1051 22nd Street in Greeley on at 7:30 pm. Watch in person or online. For tickets, please register online at <https://tickets.unco.edu> or call (970) 351-4849.

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

Live Stand Up Comedy!

Is coming to Windsor Saturday, March 29th. Doors open at 6:30 p.m. Show starts at 7:00 p.m. Tickets are \$35.00 each. Seating is limited!

This entertaining, clean and family friendly show Features LEE HARDIN...A Comedy Special For Sure!

Lee comes to from Nashville, Tennessee with his clever jokes and stories that end usually in embarrassment. Lee has appeared on NBC,

DryBar Comedy, and Nateland Live.

Windsor Community Playhouse is the place to be on March 29th to enjoy Lee and his comedy. For further information, call WCP 970-674-1790 or visit windsorplayhouse.org



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Rent varies on income

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ext. 1005



Greeley Housing Authority

Senior Complex

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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

Elder Law Q & A

Medicare Part A and B Costs to Rise Again in 2025



Will Beyers

Many people wonder if it is a good idea to give their home to their children.

While it's possible to do this, giving away a house can have major tax consequences, among other results.

You May Not Have to Pay a Gift Tax ...

When you give anyone property valued at more than \$18,000 in any one year, you have to file a gift tax form.

Also, under current law (2024), you can gift a total of \$13.61 million over your lifetime without incurring a gift tax. If your residence is worth less than \$13.61 million, you likely won't have to pay any gift taxes, but you will still have to file a gift tax form.

... But Your Children May

While you may not have to pay gift taxes on the gift, if your children sell the house right away, they may be facing steep taxes. The reason is that when you give away your property, the tax basis (the original cost) of the property for the giver becomes the tax basis for the recipient.

For example, suppose you bought the house years ago for \$150,000, and it's now worth \$350,000. If you give your house to your children, the tax basis will be \$150,000. If the children sell the house, they will have to pay

capital gains taxes on the difference between \$150,000 and the selling price.

The only way for your children to avoid the taxes is to live in the house for at least two years before selling it. In that case, they can exclude up to \$250,000 (\$500,000 for a couple) of their capital gains from taxes.

Inherited Property Vs. Gifted Property

Inherited property doesn't face the same taxes as gifted property. If the children were to inherit the property, the property's tax basis would be stepped up, meaning the basis would be the current value of the property. However, the home will remain in your estate, which may have estate tax consequences.

Beyond the tax consequences, gifting a house to children can affect your eligibility for Medicaid coverage for long-term care services at home or in a facility. There are other options for giving your house to your children, including putting it in a trust or selling it to them.

Before you give away your home, consult a qualified elder law attorney near you, who can advise you on the best method for passing on your home.

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



Will and Bill Beyers

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

BEYERS LAW LLC

Representing Seniors and Disabled Persons and their Families

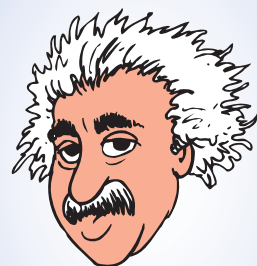
Member, National Academy of Elder Law Attorneys

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

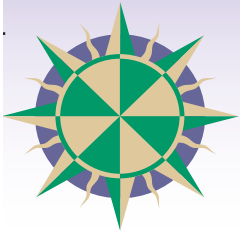
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WE ARE LOCAL!

Find Einstein



Can you find the hidden Einstein in this paper?



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

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



Adult Day Programs

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

Adult Protective Services

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

Advance Directives

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

Caregiver Support

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

Case Management

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

Case Management – Private Pay (Older Adults)

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

Chore Services

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

Consumer Affairs/Legal

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

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

Counseling and Support Groups

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

Dental Assistance

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

Durable Medical Equipment

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

Elder Abuse (including Scams and Fraud)

Adult Protective Services: 315 N. 11th Ave, GrI Edu 970 400-6109 /Report 970 346-7676
 Colorado Consumer Line/AARP Foundation, Elderwatch 800 222-4444 option 2
 Long-Term Care Ombudsman 315 N. 11th Ave, GrI 970 400-6128



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- **Engage:** We deliver ability-driven, person-centered care, while actively engage clients to participate in their own care.
- **Encourage:** We promote lifestyle factors known to minimize cognitive decline.
- **Educate:** We provide families with the knowledge to be our care partners.



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or visit www.blossombrokerage.com

Not connected to the Federal Medicare program.

This is a solicitation for insurance. For accommodations of persons with special needs at meetings, call the agent phone number and TTY 711.

Ager's Resource Guide

Employment

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

Energy Assistance

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

Financial Assistance

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

Food

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

Health Education and Wellness

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

Hearing Assistance

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

Home Care Agencies/Home Health

A Little R & R Home Care 1966 West 15th St, Ste 1, Lvd 970 667-1067
 Accent Care 4065 St Cloud Dr, Ste 200 Lvd 979 346-9700
 Altitude Home Care 1023 39th Ave, Ste L, Grl 970 352-5433
 Amada Senior Care 2850 McClelland Dr, Ste 1900, Ftc 970 237-5747
 Amazing Care Home Health Services, Inc. 5285 McWhinney Blvd, Ste 160, Lvd 970 286-6980
 America's Best Home Care, Inc. 3760 Vance St, Ste 200-A, Wheat Ridge 720 431-7974
 Andrea's Angels 3819 Saint Vrain St, Unit D, Evans 970 352-4124
 Angels of Care Pediatric Home Health 1515 Fortin Blvd, Ste 150 Pueblo 719 299-0244
 Argus Front Range Home Care 720 S. Colorado Blvd, Ste. 600N, Glendale 800 288-3961

Banner Home Care 5628 West 19th St, Ste 1, Grl 970 810-6222
 Bayada Home Health Care 5285 McWhinney Blvd, Ste 140, Lvd 970 282-8500
 BrightStar Care 918 13th St, Grl 970 999-0535
 Canyon Home Care and Hospice 4850 Hahns Peak Dr, Ste 100, Lvd 970 330-5655
 Caring Hearts 6801 West 20th St, Unit 207, Grl 970 378-1409
 Charter Healthcare of No CO 3855 Precision Dr, Ste 120, Lvd 970 667-2273
 Colorado Home Care 2102 South Garfield Ave, Lvd 970 635-2970
 ComForCare Home Care 541 Garden Dr, Unit 0, Ste 100, Windsor 970 460-9947
 Complete Home Health Care 2095 W. 6th Ave, Ste 209, Brm 720 652-0292
 Elevate Home Care 310 Lashley St, Ste 109, Lngt 303 357-5631
 Encompass Home Health Care 2171 Citrine Ct., Lvd 970 493-8500
 Family Home Health Services 1790 30th St, Ste 350, Bldr 720 274-5974
 Family Tree Private Care 636 Coffman St, Ste 102, Lngt 720 204-6083
 First Light Home Care 361 71st Ave, Ste 104, Grl 970 515-5025
 Home Helpers 9101 Pearl St, Thornton 720 442-8156
 Home Instead 251 Boardwalk Dr, Ftc 970 494-0289
 Homewatch CareGivers 1220 West Ash St, Windsor 970 674-9723
 HomeWell Senior Care 3001 N. Taft Ave, Ste 100, Lvd 970 461-4799
 Humble Horizon Home Health LLC 242 Linden St. Ste 204, Ftc 970 305-0301
 InnovAge Colorado PACE 1303 East 11th St, Lvd 970 800-5500
 Interim Health Care 2000 Vermont Dr. Ste 100, Ftc 970 472-4180
 Maxim Healthcare Services 3665 John F. Kennedy Pkwy, Bld2, Ste 330, Ftc 970 493-9300
 PASCO 9197 West 6th Ave, Mb 100, Lakewood 303 233-3122
 PeopleCare Health Services 200 East 7th St, Ste 416, Lvd 970 399-8714
 Preferred Home Health 2802 Madison Square Dr, Ste 100, Lvd 970 776-1970
 Right at Home 300 E. Mulberry St, Ftc 970 494-1111
 Senior Helpers 1051 South 6th St, Grl 970 658-8228
 Seniors Helping Seniors 2290 E Prospect Rd, Ste 6, Ftc 970 484-8445
 Synergy Homecare 2919 17th Ave, Ste 215, Lngt 720 204-5788
 Team Select Home Care 3855 Precision Dr, Ste 150, Lvd 970 206-8288
 TRU PACE 2593 Park Lane, Lafayette 303 665-0115
 Visiting Angels 5441 Boeing Dr, Nb 200, Lvd 970 292-5668

Home Repair/Weatherization

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

Homeless Shelters and Services

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

Hospice and Palliative Services

AccentCare 1180 Main St, Ste 9, Windsor 970 346-9700
 Auburn Crest Hospice 2680 Abarr Dr, Lvd 970 775-7022
 Banner Hospice of Northern Colorado 2726 West 11th St Rd, Grl 970 352-8487
 Bristol Hospice 3770 Puritan Way, Unit E, Frederick 970 619-8378
 Canyon Home Care and Hospice 350 East 7th St, Ste 2, Lvd, 970 330-5655
 Charter Healthcare of Northern Colorado 1562 Taurus Ct, Lvd 970 667-2273
 Colorado Visiting Nursing Association 6750 West 52nd Ave, Arvada 970 535-0870
 Pathways 2525 West 16th St, Ste C, Grl 970 356-4090

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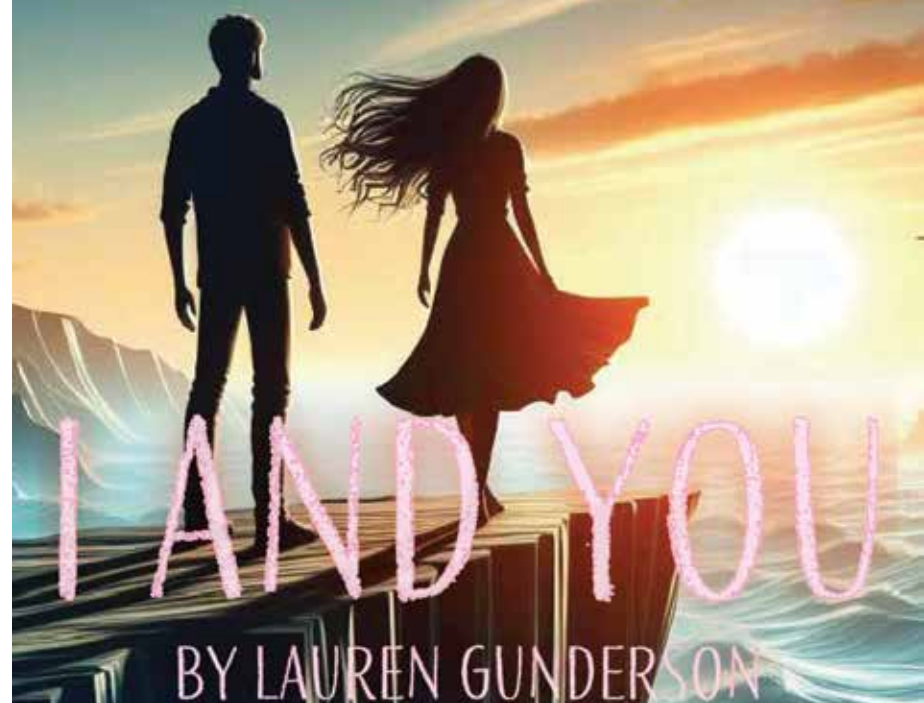
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- Long-Term Nursing Care
- Rehabilitation
- Independent/Assisted Living

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Hospitals and Clinics

Banner North Colorado Emergency Care 2000 70th Ave, Grl	970 810-2636
Greeley Emergency and Surgery Center (UCH) 6906 10th St, Grl	970 392-4320
North Colorado Medical Center 1801 16th St, Grl	970 810-4121
Salud Clinic 1860 Egbert St, Brighton	303 697-2583
Salud Clinic 1115 2nd St, Fort Lupton	303 697-2583
Salud Clinic 5995 Iris Pkwy, Frederick	303 697-2583
Sunrise Adelante Clinic 1010 A St, Grl	970 313-0400
Sunrise Health 2930 11th Ave, Evans	970 353-9403
UCHealth Grl Hospital 6767 West 29th St, Grl	970 652-2000

Housing: Assisted Living State Licensed

Aladdin 15 South Ash St, Keenesburg	303 732-4856
Assisted Living at Greeley 218 1/2 10th St, Grl	970 515-6952
Birch Assisted Living 1819 Birch Ave, Grl	970 346-1150
Bright Assisted Living 610 Hemlock Dr, Windsor	970 674-1446
Brookdale Greeleyle 1999 West 38th Ave, Grl	970 330-9500
Charleston Assisted Living 2866 Ironwood Circle, Erie	720 645-1196
Charleston at Keenesburg 195 Gandy Ave, Keenesburg	720 645-1196
Columbine Commons 1475 Main St, Windsor	970 449-5540
Coyote Creek Memory Care 1150 4th St, Fort Lupton	303 857-1921
Garden Square at Westlake 3151 West 20th St, Grl	970 346-1222
Garden Square of Greeley 1663 29th Ave Place, Grl	970 336-9063
Good Samaritan Water Valley 1831 Compassion Ct, Windsor	970 674-5511
Grace Pointe 1919 68th Ave, Grl	970 304-1919
Greeley Village 1090 43rd Ave, Grl	970 646-4850
The Bridge 4750 25th St, Grl	970 339-0022
The Lodge 4430 24th St Rd, Grl	970 939-5700
Maxwell Center 1700 7th Ave, Grl	970 353-1956
MeadowView of Greeley 5300 West 29th St, Grl	970 353-6800
Memorial Park 1805 32nd St, Evans	970 351-6547
Planet View Assisted Living 3705 Carson Ave, Evans	970 330-5133
Stephens Farm Brain Injury Campus 2778 Reservoir Rd, Grl	970 506-0008
WindSong at Northridge 7010 West 8th St, Grl	970 449-7199

Housing: Greeley/Evans Subsidized / Low Rent

Birchwood Apartments 2830 27th St Ln, Grl	970 330-6206
Broadview Apartments 2915 West 8th St, Grl	970 352-9305
Camelot Apartments 1726 8th Ave, Grl	970 339-2444
Centennial Village Apartments 2205 37th St, Evans	970 330-1160
Chinook Wind Apartments 6616 10th St, Grl	970 353-2778
Fox Run 1300 60th Ave, Grl	800 466-7722
Greeley Manor 1000 13th St, Grl	970 356-5489
Greeley Senior Housing 1717 30th St, Grl	970 395-0822
Greeley/Weld Housing Authority 903 6th St, Grl	970 353-7437
Hope Apartments 2730 28th Ave, Grl	970 339-2444
Housing Navigation Center 2930 11th Ave, Evans	970 515-6281
Immaculata Plaza 530 10th Ave, Grl	970 356-0610
Island Grove Village 119 14th Ave, Grl	970 356-2808
Joe P. Martinez 1701 2nd St, Grl	970 356-2332
La Casa Rosa 1011 C St, Grl	970 353-7437
Meeker Commons 505 9th Ave, Grl	970 378-9393
Peakview Trails 1512 60th Ave, Grl	970 353-7437 x1011

Ager's Resource Guide

The Pine at Southmoor 2162 30th St, Grl	970 356-4059
Twin Rivers Apartments 6616 10th St, Grl	970 353-1433
University Plaza 1534 11th Ave, Grl	970 353-9275
Woodside Village Apartments 144 East 24th St, Grl	970 356-5991

Housing: Seniors Only Non-Subsidized

55 Resort Apartments 500 Apex Dr, Windsor	970 372-0494
Good Samaritan Society Fox Run 1720 60th Ave, Grl	970 353-7773
Good Samaritan Society Water Valley 805 Compassion Dr, Windsor	970 686-2743
Greeley Place 1051 6th St, Grl	970 351-0683

Housing: Weld County (Sub/Low Rent)

Ault: Villa Fourteen 214 Birch Ave, Ault	970 834-1570
Dacono: Senior Apartments 412 7th St, Dacono	970 353-7437
Eaton: Benjamin Square 55 Juniper Ave, Eaton	970 454-3338
Erie: Victor F. Smith Senior Housing 800 High St, Erie	303 832-1302
Fort Lupton: Adams Park 451 Rollie Ave, Fort Lupton	303 857-4056
Fort Lupton: Columbine Court 400 2nd St, Fort Lupton	303 857-4400
Fort Lupton: Crane Court 240 South Denver Ave, Fort Lupton	303 857-4400
Hudson: Prairie View 1151 Main St, Hudson	303 536-4501
Johnstown: Columbine Complex 202 North Grl Ave, Johnstown	970 587-2600
Keenesburg: Timberwood 250 East Woodward Ave, Keenesburg	303 732-4221
Kersey: Latham Manor 109 1st St, Kersey	970 351-8229
Milliken: Dove Valley Senior Community 1101 Sandpiper Ln, Milliken	970 667-3232
Windsor: Century III 1027 Walnut St, Windsor	970 686-5576
Windsor: Governor's Farm 701 6th St, Windsor	970 686-9650

Information and Referral

ADRC 315 North 11th Ave, Bld C, Grl	970 400-6952 / State: 844 265-2372
Carbon Valley Help Center 150 Buchanan Ave, Firestone	303 833-6626
Catholic Charities 1442 North 11th Ave, Grl	970 353-6433
Eldercare Locater (National)	800 677-1116
United Way 2-1-1	2-1-1 or 970 353-8808

In-Home Services

In-Home Services Program 315 North 11th Ave, Bld C, Grl	970 400-6305
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Medicaid/Medicare

Medicaid 2950 9th St, Fort Lupton	303 857-4052
Medicaid 315 North 11th Ave, Bld C, Grl	970 352-1551 / Hotline 800 221-3943
Medicare - Claims	800 332-6681
Medicare Counseling (SHIP - Aspen Club)	970 495-8560
Medicare Quality Improvement Organization (KEPRO)	844 430-9504
State Health Insurance Assistance Program (Colorado SHIP)	888 696-7213

Mental Health Services

Crisis Support Services 928 12th St, Grl (walk-in) 24/7/365	970 347-2120
Geriatric Behavioral Health Unit 1000 Lincoln St, Fort Morgan	970 542-4357
Johnston Heights Behavioral Health 4770 Larimer Parkway, Johnstown	970 323-7709
National Suicide Prevention Lifeline 24/7/365	800 273-8255
North Range Behavioral Health	970 347-2120



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Ager's Resource Guide

Nursing Homes

Broadview Health and Rehabilitation Center 850 27th Ave, Grl	970 353-1017
Columbine Commons Health and Rehab 1475 Main St, Windsor	970 449-5540
Fairacres Manor 1700 18th Ave, Grl	970 353-3370
Grace Pointe 1919 68th Ave, Grl	970 304-1919
Life Care Center of Greeley 4800 25th St, Grl	970 330-6400
Pelican Pointe Health and Rehabilitation Center 710 3rd St, Windsor	970 686-7474
The Center at Centerplace 4356 24th St Rd, Grl	970 702-7400
Westlake Lodge 1637 29th Ave Place, Grl	970 356-8181

Ombudsman

Long-Term Care Ombudsman 315 North 11th Ave, Bld C, Grl	970 400-6128
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Personal Alert Systems

American Medical Alert/ VRI 350 East 7th St, Ste 11, Lvd	866 686-7504
Argus Home Health Care 720 South Colorado Blvd, Ste 600-N, Denver	303 322-4100
Banner Lifeline 5628 West 19th St, Ste 1, Grl	970 810-6756
Ever Present Systems PO Box 136, Longmont	303 956-7269
Guardian Medical Monitoring	888 349-2400
Interim Health Care 2000 Vermont Dr, Ste 11, FtC	970 472-4180
LifeFone	800 331-9198
PeopleCare Health Services 200 East 7th St, Ste 416, Lvd	970 480-0529
Phillips Lifeline	855 737-3604
Sunrise Community Clinic 2930 11th Ave, Evans	970 353-9403
United Way 2-1-1 814 9th St, Grl	2-1-1 or 970 353-8808

Prescription Assistance

Sunrise Community Clinic 2930 11th Ave, Evans	970 353-9403
United Way 2-1-1 814 9th St, Grl	2-1-1 or 970 353-8808
Weld County Prescription Discount Card 1555 North 17th Ave, / 1150 O St, Grl	970 400-2380

Respite Care: Day

Elderhaus Adult Day Program 6813 South College Ave, FtC	970 221-0406
Envision 1050 37th St, Evans	970 339-5360
Family Caregiver Support Program 315 North 11th Ave, Bld C, Grl	970 400-6130
Homestead Adult Day Care 1380 Tulip St, Longmont	303 772-9152

Senior Centers/Recreation

Ault: 204 1st St, Ault	970 834-1325
Carbon Valley: 6615 Frederick Way, Frederick	303 833-2739
Eaton: 1675 3rd St, Eaton,	970 454-1070
Erie: 450 Powers St, Erie	303 926-2795
Evans: 1100 37th St, Evans	970 475-1125
Fort Lupton: 203 South Harrison Ave, Fort Lupton	303 857-4200 x6166
Greeley: 1010 6th St, Grl	970 350-9440
Grover: 305 Cheyenne Ave, Grover	970 895-2262
Hill-N-Park: 4205 Yosemite Dr, Grl	970 301-5574
Johnstown: 101 West Charlotte St, Johnstown	970 587-5251
Kersey: 215 2nd St, Kersey	970 353-1681 X2

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

Tax Assistance

AARP Tax Aide	888 227-7669
Aims Community College	970 339-6679
Colorado Property Tax/Rent/Heat Rebate Program	303 238-7378
Internal Revenue Service	800 829-1040
Senior Property Tax Exemption 1400 North 17th Ave, Grl	970 400-3650

Transportation

60+ Ride 800 8th Ave, Ste. 229, Grl	970 352-9348
Greeley-Evans Paratransit 1200 A St, Grl	970 350-9290
Greeley-Evans Transit 1200 A St, Grl	970 350-9287
IntelliRide	855 489-4999
Ride NOCO www.rideno.co	970 514-3636
Via Mobility Services 2855 N. 63rd St, Boulder	303 444-3043
Windsor Senior Ride Program (Windsor Only)	970 388-5140
Ztrip 1833 East Mulberry St, Unit A, FtC	970 224-2222

Veterans Services

DAV Shuttle Service to Cheyenne/Denver VAMC 1830 8th Ave, Grl	970 352-6188
Northern Colorado VA Clinic 4575 Byrd Drive, Loveland	970 593-3300
Qualified Listeners	720 600-0860
The Northern Colorado Veteran Resource Center 4650 20th St, Grl	970 888-4249
VA Medical Center 2360 East Pershing Blvd, Cheyenne, WY	888 483-9127
VA Medical Center 1055 Clermont St, Denver	888 336-8262
VA Outpatient Clinic 2509 Research Blvd, FtC	970 224-1550
VA Outpatient Clinic 5200 Hahns Peak Dr, Lvd	970 313-0027
Volunteers of America 4650 West 20th St, Ste A, Grl	970 576-6724
Weld County Veterans Services 1008 9th St, Grl	970 400-3444

Vision Assistance

Connections for Independent Living 1331 8th Ave, Grl	970 352-8682
Curtis Strong Center 918 13th St, Ste 4, Grl	970 353-9417
Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl	970 400-6629
Enlight Visual Rehabilitation 1101 Oakridge Drive, Ste C, FtC	970 407-9999
Lions Club	970 346-1661
Low Vision Program 315 North 11th Avenue, Bld C, Greeley, CO 80631	970 400-6629

Volunteer Opportunities

60+ Ride 800 8th Ave, Ste. 229, Grl,	970 573-5818
Meals on Wheels 2131 9th St, Grl	970 353-9738
Qualified Listeners	720 600-0860
RSVP Volunteers in Service	970 515-5125
United Way 2-1-1 814 9th St, Grl	2-1-1 or 970 353-8808
Weld County Area Agency on Aging 315 North 11th Ave, Bld C, Grl	970 400-6950

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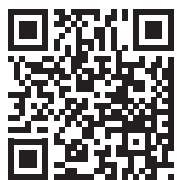
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Weld Area Agency on Aging

Meet the Weld County Area Agency on Aging

The Weld County Area Agency on Aging, a dedicated resource for older adults and their families, offers services that enhance independence, safety, and well-being. AAA's comprehensive programs are designed to meet the needs of the aging population and their families. The internal services include:

- Caregiver Respite Program: relief for family caregivers, allowing them to take a break while ensuring their loved one receives support.
- Chore Program: designed to reimburse older adults for tasks that become difficult with age.
- Dental, Vision, Hearing Program: provides financial assistance to older adults in need of dental, vision and/or hearing aid services.
- Grandparents Raising Grandchildren Program: provides support and tools to grandparents and older adult caregivers of children.
- In-Home Services Program: aims to help older adults maintain their independence and stay safe in their own homes. Services include homemaking and personal care.
- Information and Assistance/Aging and Disability Resources for Colorado (ADRC): helps older adults and their families with guidance on accessing community

resources and program eligibility.

- Friendly Fork Senior Nutrition Program and Registered Dietitian (RD) services: provides a nutritious lunch at one of 22 Weld County congregate meal sites. The RD offers guidance and support to improve overall health through proper nutrition.

- Weld Aging Well Classes: of-

fers a variety of wellness classes that focus on well-being, fitness, and balance.

- Long Term Care Ombudsman: serve as advocates for the civil and human rights of people in long-term care and assisted living facilities.

For more information on the above programs, please call 970-400-6950 or visit

the AAA website to discover how they can help make a difference in your life or the life of a loved one.



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Program of All-Inclusive Care for the Elderly

Friendly Forks Daily Menu February 2025

Monday, February 3	Chicken Fried Steak with Country Gravy, Baked Potato with Butter & Sour Cream, Steamed Peas, Pineapple, 1% Milk
Tuesday, February 4	Pork Carnitas on Wheat Tortillas with Cabbage Slaw and Salsa, Black Bean / Corn / Jicama Salad, Diced Honeydew, Pumpkin Sugar Cookie, 1% Milk
Wednesday, February 5	Pork Spare Ribs, Tropical Pasta Salad, Capri Mixed Vegetables, Orange Slices, 1% Milk
Thursday, February 6	Beef Swedish Meatballs & Gravy over Egg Noodles, Creamed Spinach, Apricots, 1% Milk
Friday, February 7	Honey Ginger Chicken Thigh, Vegetable Fried Rice, Side of Soy Sauce, Edamame & Corn Salad, Banana, 1% Milk
Monday, February 10	Balsamic Chicken, Lentil Vegetable Pilaf, Green Beans & Peppers, Apple/ Beet/ Walnut Salad*, 1% Milk
Tuesday, February 11	Baked Tilapia with Lemon Butter Sauce, Side of Tartar Sauce, Greek Potato Wedges, Pea/Mushroom/Bacon Sauté, Diced Pears, 1% Milk
Wednesday, February 12	Beef Pot Pie, Wheat Roll with Butter, Lima Beans with Bacon, Fruit Salad, 1% Milk
Thursday, February 13	Greek Lemon Chicken Thigh with Gravy, Orzo & Rice Pilaf with Almonds*, Balsamic Brussels Sprouts, Apple, 1% Milk
Friday, February 14	Oven Roasted Turkey Breast with Gravy, Smashed Sweet Potatoes with Butter, Broccoli/Olive/Sundried Tomato Salad, Mandarin Oranges, Chocolate Peanut Butter Cookie*, 1% Milk
Monday, February 17	Closed in Honor of President's Day
Tuesday, February 18	Ham & Split Pea Soup, Wheat Roll with Butter, Garden Side Salad with Chicken & Balsamic Vinaigrette, Pineapple, 1% Milk
Wednesday, February 19	Hamburger with Tomato, Onion, Ketchup, Mayo & Mustard, Low-Fat Cottage Cheese, Broccoli & Cauliflower, Apricots, 1% Milk
Thursday, February 20	Kalua Pork, Baked Beans, Steamed Peas, Diced Mango, Gelatin Parfait*, 1% Milk
Friday, February 21	Chicken Noodle Bake, Roasted Root Vegetables, Fruit Salad, Cheddar Cheese Snack, 1% Milk
Monday, February 24	Spaghetti Beef Bolognese with Parmesan Cheese, Mandarin Orange Spinach Salad* with Italian Dressing, Orange Slices, Strawberry Basil Cheesecake Bar, 1% Milk
Tuesday, February 25	Roast Beef & Mashed Potatoes with Gravy, Corn Muffin with Butter, Green Bean Almondine*, Diced Cantaloupe, 1% Milk
Wednesday, February 26	Chicken a La King with Mushrooms over Whole Wheat Penne, Roasted Winter Vegetables, Cinnamon Applesauce, Apricot Walnut Bar*, 1% Milk
Thursday, February 27	Lentil & Italian Sausage Soup, Turkey & Cheddar Sandwich on Wheat with Tomato, Mayo & Mustard, Asparagus, Fruit Salad, 1% Milk
Friday, February 28	Honey Balsamic Pork Loin with Roasted Red Pepper Sauce, Garlic Roasted Red Potatoes, California Blend Vegetables, Pineapple, 1% Milk

Veterans Echoes Soldier, Scholar, Humanitarian



Brad Hoopes

Richard Williams spent 31 years in the Army. It is a remarkable story of a 19-year-old who began as a private with only a GED, and retired as a Colonel with multiple degrees. He started out serving two tours in Vietnam, where he earned the Silver Star and Bronze Star with Valor. He was wounded twice, thus receiving two Purple Hearts. Sadly, like too many of our Vietnam Veterans, Rich is now dealing with the effects of being exposed to Agent Orange. Throughout his career, he would lead five commands; once again a remarkable feat considering that most officer careers might include one or two commands.

Upon retiring from the Army, Rich embarked on a successful 16-year career with NATO, where he was part of the Partner of Peace program. The major highlight for him was his work in Albania. He was asked by the government there to bring in NATO

personnel to clear the millions of landmines left after their civil war. Knowing he would never get approval for such a request; he instead devised a brilliant plan. He secured a grant that paid to train the Albanians to safely remove the mines themselves. As well, entire industries sprung up that made products out of materials from those now disabled mines. Six million mines were eradicated from the country and countless lives were saved. The program would be duplicated throughout the war-torn Balkan region.

Thank you, Rich, for your service and continued sacrifices to our country, and for your service to the world.

Brad Hoopes has a passionate project of preserving the stories of our veterans. You can view these stories at: www.youtube.com/rememberandhonorstories



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!

Special Events:

Valentines Day Speed Dating

Tuesday, February 11 | 1 p.m.

Join us for a special speed dating event designed for older adults looking to make meaningful connections, form new friendships, and perhaps even find a special someone.

Travel Opportunities:

Spring Trips Revealed

Tuesday, February 11 | 9 a.m.

In-person registration for excursions taking place in March, April, and May. Phone registrations offered after 12 p.m. that day; online registrations available beginning

February 12.

Holland Windmills & Rhine River Castles Cruise

October 12-21, 2025

Take a leisurely cruise through Europe passing through Holland, France, Germany, and Switzerland.

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.

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Was It A Happy New Year?

It is January 2025. Christmas 2024 has passed, and New Year just sneaked up on me and blew a party favor in my face screaming, "Another year, you made it to another year!" There were years gone by when new initiatives fell from the corporate heavens like white, fresh fallen snow. "Forget last year, look ahead! Here is what we need to do now."

Little was said about the previous year. Numbers from above floated down, settled on our desks. The black integers and decimals revealing all the missed opportunities. Sorrowful, black, dusty numbers, the corporate dreams of the past burned up, screaming as they fell, "You missed the goal last year! Only coal in your stocking!" Then the white flakes of anticipation for better financials slowly covered up the blackness and gave us courage to look longing into another year where hope of better integers and decimals lifted our spirits.

After decades of life, it is sad to think we are just "marking time". Too often we begin to live in the memories of the past, like being trapped in a snow globe, our lives in the hands of others. We wonder when the orb will drop, crashing to the floor, and spill out all that was.

Earthly goals can lead us down

a long, lonesome path such as this. We can read Ecclesiastes and never get past verse 3: "What does man gain by all the toil at which he toils under the sun?". Paul, the apostle, was not like this. After "making the numbers" in his pharisaical life, he was changed on the Damascus Road. He finished his years saying, "For I am already being poured out ... my departure has come. I have fought the good fight, I have finished the race, I have kept the faith". Paul poured himself into others. Who are we pouring ourselves into?



Bob Pittman

Christian Church of Windsor

www.ccwin.org

christianchurchofwindsor@gmail.com

970-686-2958

*New Year,
New Look!*

Friday/7

It's About TIME runs through May 24 at the Global Village Museum's main gallery. The exhibition will explore the theories and portrayals of past, present, and future as the notion of time affects everything from daily life to the study of disciplines like science and philosophy. The Museum is located at 200 West Mountain Avenue, and their hours are 11 am to 5 pm Tuesday through Saturday. For more information, please visit globalvillagemuseum.org or call 970-221-4600.

Saturday/15

The Larimer County Genealogical Society presents a free program on "Buried Secrets: Looking for Frank & Ida" by Anne Hanson at 10 am in the Foxtail 2 meeting room at the Fort Collins Senior Center and on Zoom. Anne will discuss her book on a true family history story and the quest to discover Anne's grandparents hidden past. Please register online at www.lcgsc.org to receive handout and Zoom info.

Thursday/27

CSU Music Dept. presents their University Symphony Orchestra Concert on "Stirrings, Airs, and Virtuosity" in the Griffin Con-

cert Hall at the University Center for the Arts, 1400 Remington St. in Fort Collins. Join the CSU University Symphony for an evening of incredible music featuring Franz Schubert's Overture in Bb Major, D. 470, Nancy Galbraith's Midnight Stirring, and Franz Joseph Haydn's notable "Oxford Symphony" Symphony No. 92 in G Major, H. 1:92. Tickets are \$5 for children under 18, \$13 for seniors over 62, and \$15 for adults. Register online at <https://csuartstickets.universitytickets.com/> or call the box office at (970) 491.5529.

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

Patton Veterans Project (PVP) "I Was There!"

PVP specializes in hosting unique film making workshops designed to unleash the power of storytelling, helping veterans heal, connect, and share their journeys with others who understand.

Films from the workshops are shared with the community to raise awareness of the challenges veterans and military families face today. A recent presentation was held at Laramie County Community College in Cheyenne, WY.

For more information and to register for a workshop in your area, please contact Mike Leeman at 970-657-5500 or visit www.pattonveteransproject.org

Ben Patton, Patton Veterans Project founder will be most appreciative and thankful for you

getting in touch with Mike.

And Ben invites you to watch films on YouTube...

youtube.com/@pattonveteransproject



Francisco Oliva and Brock McElwee discuss their film "70-30."



Jimmy McGuire, Bradley Grossman and Deb Mutter-Shanley discuss their film "Was It Worth It?"

Technology is Hip!

Be Aware of Tax Scams!

It's tax time with a warning to our readers about tax scams and fraudulent tax returns! Cyber crime happens to many Americans of all ages, but tax scammers are taking Americans for billions of dollars each year.

Tax scammers are sending "phishing" emails that appear to be from the IRS and claim that the recipient either owes money or is due a refund. Same goes for fake IRS phone calls and identity theft to obtain your SSN and birth date info to file a fraudulent electronic tax return filed in your name without your knowledge.

Phishing ranks high on the agency's Dirty Dozen list of tax scams. If you get an unsolicited email that seems to be from the IRS or a related agency, don't reply or don't open any attachments and don't click on any links! Doing so can enable scammers to collect your personal information or infect your computer with malicious code. Instead, report the phishing email by sending it to

phishing@irs.gov. The IRS does NOT contact taxpayers electronically - whether by text, email, or social media - to request personal or financial information, the agency said.

Regarding the ID theft and fraudulent tax returns, the IRS recommends you file as soon as possible with a well-known professional tax preparer agency or CPA. The pros can recommend steps to prevent fraudulent returns. Also, be aware of fake charities.

Here are several tips if you become a victim: 1) file a report with the local police; 2)

file a complaint with the Federal Trade Commission at www.identitytheft.gov or the FTC Identity Theft Hotline at 1-877-438-4338; 3) contact one of the three major credit bureaus to place a 'fraud alert' on your credit records: Equifax, www.Equifax.com, 1-800-525-6285; Experian, www.Experian.com, 1-888-397-3742; TransUnion, www.TransUnion.com, 1-800-680-7289; and 4) close any accounts opened without your permission.

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



Bob Larson

Estes Park's Wine & Chocolate Festival on February 8!

Mark your calendars and prepare your taste buds for an unforgettable experience! The 2025 Wine & Chocolate Festival is coming to Estes Park on Saturday, Feb. 8, offering a day filled with indulgence, relaxation, and discovery. This premier 21+ event combines the rich flavors of fine wine, decadent chocolates, and local delights with live music, exciting activities, and picturesque mountain views.

What to Expect: Sip and savor a curated selection of wines from local wineries and vineyards while delighting in the sweet offerings from artisanal chocolatiers and other gourmet vendors. Explore unique goods, treats, and handcrafted items from a variety of local businesses. Enjoy the signature sound of Ryan Flores, blending Latin Gypsy music styles such as Flamenco, Tango, Mariachi, and more, creating an energizing and danceable vibe. Immerse yourself in glow-in-the-dark mini golf,

capture memories with a fun photoshoot, or have your caricature drawn by the talented local artist, Jason Sauer.

The event begins on Saturday, Feb. 8, from 12 p.m. to 5 p.m. at the Estes Park Events Complex, 1125 Rooftop Way, Estes Park. There will be exclusive lodging offers by The Quality Inn Estes Park and Holiday Inn Estes Park, which are proud sponsors of the Wine & Chocolate Festival, offering dis-



counted hotel rates for attendees. Make it a weekend getaway and enjoy the comfort and convenience of these top accommodations.

Don't Miss Out! Celebrate love, friendship, and the finer things in life at this year's Wine & Chocolate Festival. Tickets are expected to sell out quickly, so secure yours today for an unforgettable day of fun and indulgence. For more information and to purchase tickets, visit estesparkeventscomplex.com/wineandchocolate.

Fun & Laughs Too!



Early arrivals to the event gathered for this photo. Lots of smiles!



Kelli Mosley is the new Executive Director. Kelli is excited to be in her new position. She has a three year history with Brookdale and 24 years in the senior living industry. Kelli has two daughters and enjoys hiking.

Brookdale Mariana Butte in Loveland Open House provided an excellent opportunity for partners in the senior care industry to gather for networking, conversations and Fun & Laughter. The time was enjoyable taking care of business in a social setting. Appetizers, main food dishes and refreshments were available which placed a nice touch to the event.

Pam Webb, Sales Manager went out of her way to see that everyone was warmly welcomed. Those in attendance had the chance to meet Kelli Mosley the new Executive Director.



Listen Up and Join the Conversation!

When growing up, did your parents listen to you? Did you listen to them?

At school, or at work or elsewhere in life Is anyone listening to your ideas?

Do you consider yourself a good listener? Find out on Saturday March 1st, 9-11 am, free admission including light breakfast and coffee at Compass School, 2105 S. College Avenue, Fort Collins (across parking lot from Whole Foods).

The Intergenerational Conversations (IgC) Project is back – now in its sixth year in our community, building bridges through conversations across generations.

After breakfast, you will sit at a facilitated discussion table alongside about six other people with ages from 15 to 95+ to discuss: “Who’s Listening to You?” But first, before you start talking, you will be treated to a brief overview on effective listening skills by Professor Martin Carcasson, the nationally acclaimed founder and director of the Center for Public Deliberation at Colorado State University.

Next, you will meet and greet other participants at your table

and then begin facilitated conversations about listening. Discussions will include the challenges and benefits of talking to people older or younger than yourself. It’s really a special opportunity for you to speak and then to listen and hopefully better understand views of others that might be different than your own.

This IgC event is presented by Colorado State University’s Center for Public Deliberation, Compass Community Collaborative School, Fort Collins Senior Advisory Board, Larimer County Office on Aging and the Partnership for Age-Friendly Communities in Larimer County.

Co-sponsors include CSU’s Gerontology Club, Centennial Area Health Education Center, and Hope Lives! The Lydia Dody Breast Cancer Support Center. So come prepared to share your experience and listen and learn from others. Seating capacity is limited: Register soon by RSVP at <https://col.st/qtPX2> Submitted by: Myles Crane, President/Elect Partnership for Age-Friendly Communities in Larimer County. Myles email: mylescrane@gmail.com.

Call for a Tour. Lunch is on us!

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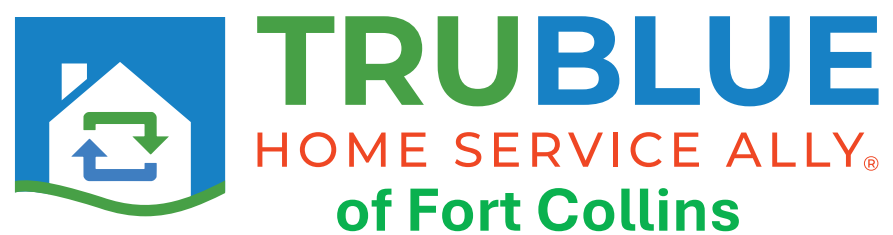


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First Meeting Of The New Year

One hundred Professionals for Seniors gathered at the Drake Center in Fort Collins for their 2025 kick off meeting.

The gathering was hosted by Columbine Health Systems. Home Instead and 50 Plus Marketplace News served as the mod-

erators and the program presentation.

P4S is an active group devoted to serving the senior community in ways to most helpful to seniors. They work individually and together is achieving their goals.



P4S finishing brunch and waiting for the program to start.



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Elder Law Q & A

New Law Supports Home Care, Caregivers for Military Veterans



Bill Beyers

On January 2, 2025, President Biden signed into law the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act. The legislation represents a significant step forward in supporting the needs of veterans, their families, and their caregivers. Through the Department of Veterans Affairs (VA), this new legislation aims to enhance veterans' access to home and community-based services (HCBS). The Act also recognizes the critical role that caregivers play in ensuring the well-being of veterans and seeks to provide them with better support and resources.

Expansion of Home and Community-Based Services

The Act requires the VA to increase access to HCBS for eligible veterans, enabling them to receive care in their own homes or communities rather than institutional settings. Before this law passed, a veteran could receive HCBS only if those services did not exceed 65 percent of the cost they would be if administered in a VA nursing home. HCBS can include personal care, homemaker services, adult day health care, respite care, and other services.

Support for Caregivers

In addition, the Act will pro-

vide enhanced training and education programs for caregivers of veterans. Such programs will seek to help them manage the unique challenges of caring for this population.


Addressing Challenges for Veterans and Caregivers

Veterans often face unique health challenges, including physical disabilities, post-traumatic stress disorder (PTSD), and chronic illnesses. These conditions can make daily living tasks difficult, increasing reliance on caregivers. For many veterans, caregivers are loved ones who often sacrifice their own well-being and financial stability to provide care.

Other Benefits of the Legislation

The law's emphasis on home-based care aligns with veterans' preferences to age in place and maintain their independence. By reducing the reliance on institutional care, the legislation also has the potential to lower overall health care costs. Furthermore, the Act's focus on caregiver support may help improve the mental and physical health of those providing care, ultimately benefiting veterans by ensuring consistent and high-quality assistance.

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Larimer County Office on Aging

February is American Heart Month: A Time for Love, Connection, and Lifesaving Changes

February, the month we celebrate love, is also American Heart Month—a crucial time to prioritize your heart health and encourage those around you to do the same. It's about embracing a lifestyle that fuels your passion, purpose, and well-being.



Nicole Limoges

nurturing your whole being. Studies show a powerful link between social interaction and a reduced risk of cardiovascular disease. Engaging with loved ones, friends, and your community can uplift your spirits, lower stress levels, and provide a sense of belonging and security.

Heart disease remains the leading cause of death in the United States, claiming more lives than all forms of cancer combined. Seniors aged 65 and older face an even greater risk of heart attack, stroke, and coronary heart disease. The good news is that heart disease is largely preventable. By making conscious choices today, you can pave the way for a vibrant future.

Nourishing your body with a heart-healthy diet, staying active, managing stress, and fostering strong social connections are all essential for heart health. It's not just about the physical; it's about

This American Heart Month, let's ignite a passion for heart health in ourselves and others. Reach out to a neighbor, volunteer, join a club, or simply share a heartfelt conversation with a friend. Every step towards a more connected, heart-healthy life is a step towards a brighter future.

Remember, it's never too late to make a change. Let this February be a turning point—a time to celebrate love, connection, and the power of a healthy heart. Let's commit to prioritizing heart health, not just for this month, but for a lifetime of vitality and joy.



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Boulder Older Adult Services

West Age Well Center: 909 Arapahoe Ave. 303-441-3148, Mon. – Fri., 9 a.m. – 4 p.m.
East Age Well Center: 5660 Sioux Dr. 303-413-7290 Mon. – Fri., 8 a.m. – 4:30 p.m.
For information about programs and services: www.boulderolderadultservices.com

Weekly newsletter sign-up: <https://bouldercolorado.gov/lets-age-well-newsletter>

Chair Yoga and Balance

Practice postures and techniques of yoga with the support of a chair.

Mondays: West Age Well Center, Mondays, Feb. 3 – 24, 10 – 10:45 a.m. Fees: R/NR \$24/\$30

Fridays: West Age Well Center, Fridays, Feb. 7 – 28 (4 classes) 10 – 10:45 a.m. Fees: R/NR \$32/\$40

Ballroom Dancing – Introduction to American Tango

Learn the basics of the elegant American Style Tango. East Age Well Center, Thursdays, February 6 – 27,

2 – 3 p.m. Fees: R/NR \$32/\$40

NEW! Rhythm and Movement Series

Experience expressive, vitalizing, easy-to-follow and fun rhythm and movement patterns designed for flexibility, balance and a deeper awareness of breath and range of motion. All levels welcome.

West Age Well Center, Fridays,

February 7 – 28, 11 – 11:45 a.m.

Fees: R/NR \$32/\$40

Valentine Iris Folding Card Making Class

Learn an intricate paper folding technique from early 20th century Holland called “Iris Folding” to create a valentine card. West Age Well Center, Friday, February 7, 1:30 – 3:30 p.m. Fees: R/NR \$15/\$19

Groundworks Art Lab Pottery Classes

Learn about the fundamentals of pottery to make functional and whimsical pieces.

Pottery EAST: East Age Well Center, Monday, February 10, 10 – 11:30 a.m. Fees: R/NR \$10/\$13

Pottery WEST: West Age Well Center, Wednesday, February 19, 1:30 – 3 p.m. Fees: R/NR \$10/\$13

AARP Driver Safety Course

Learn the current rules of the road, defensive driving techniques, and how to operate a vehicle safely. To register, call 303-413-7290. East Age Well Center, February 27, 8:15 a.m. – 12:30 p.m. Fees: \$20 AARP members / \$25 non-members paid directly to instructor on day of class. Cash or check only. No credit card.

We Care

Lafayette Senior Services

Programs offered by Lafayette Senior Services

Call 303-665-9052 or email olderadults@lafayetteco.gov to register.

Valentine's Celebration

February 14, 1-3pm

Celebrate Valentine's Day with us at the Senior Center and enjoy a special Valentine dessert and entertainment.

Matisse Famous Art (Blue Nude)

February 18, 1:30-3:30

Spend an afternoon creating Matisse-inspired art using abstractor realistic cut paper. Learn the technique of the famed French painter with all supplies and instructor included.

Brain Injury Alliance

February 25, 2-3pm

Over 500,000 brain injury survivors live in Colorado, many are unaware of their injury or available resources. Attend our info session to learn about the Brain Injury Alliance's services and how to make a referral if needed.

Protecting Yourself from Scams & Fraud February 11, 2-4pm

Ever answered a call about your “extended car warranty”? It's just one of the many scams trying to

steal your money and info. Join us to uncover common frauds and learn how to protect yourself.

Denver Premium Outlets and Lunch

February 10, 10:30am-2:30pm

Treat yourself to retail therapy at the Denver Premium Outlets in Thornton! With 70 + specialty shops and restaurants you're sure to find something special at this outdoor venue. Trip includes transportation. Lunch and shopping are on your own.

Foothills Animal Rescue Tour

February 25, 12-3:30pm

Visit Foothills Animal Shelter in Golden, Colorado. Tour the facility, meet the animals and learn how they serve Jefferson County, improving the lives of pets and people, alike. Transportation is included.

Adventure Series Indoor Skiing

March 5, 9:45am-4pm

Get ready for indoor skiing! Join us for trip to SnoBahn in Thornton to try a ski simulator. Cost includes Transportation and ticket. Lunch is on your own with a stop on the way back.

Pets Are Family The Importance of Pet Dental Health

Much like humans, dogs and cats are prone to plaque, tartar buildup, and gum disease if their teeth aren't well-maintained. Over time, poor dental care can lead to pain, infection, and even complications that affect the heart and other vital organs. Here are some effective ways to stay on top of your pet's oral health.



Judy Calhoun

The best way to support your pet's dental health is with regular veterinary care. Scheduling an anesthetized dental cleaning every few years allows veterinarians to thoroughly remove plaque and tartar below the gumline, which helps prevent bacteria and tartar from eroding the bone structure. Though cost can be a concern, many clinics offer wellness plans to spread the cost over time, making dental care more accessible.

Between these professional cleanings, there are steps you can take at home. Daily brushing with pet-safe toothpaste and a pet-safe brush is very effective; just remember, human toothpaste and toothbrushes should be avoided. Patience is key here, as many pets may need time to get used to the

process. Additional options include adding pet-safe oral rinses without artificial sweeteners to their water and providing daily dental chews labeled “VOHC Accepted.”

Common signs that your pet's dental health may be declining include red or swollen gums, yellow or brown tartar on the teeth, receding gumlines, and foul-smelling breath. Behavioral changes can also signal dental issues - reduced appetite, preference for softer foods, reluctance to chew or play, or withdrawal from social activities may indicate discomfort. Cats may even favor dry food as the crunch can be soothing on inflamed gums.

Consistent and proper dental care is a great way to prevent discomfort and complications down the road, not to mention fresher breath when they give lots of kisses!

Learn more at nocohumane.org.



Malley Recreation Center Happenings

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Sweet Songs & Treats

Ages: 55 yrs +

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Excursions – Come Explore with Us!

We do the driving and make the arrangements so you can relax and explore venues and events planned for the season. Pre-registration required.

Bureau of Reclamation Tour & Ice Cream Farm-Lakewood

The Hydraulic Structures & Laboratory Services staff at the Denver Federal Center will talk to us about hydraulic modeling, analysis, and field-testing expertise to solve a variety of water resources, hydraulics, and fluid mechanics problems. Afterwards we'll stop at The Ice Cream Farm for a sweet treat on your own. Fee includes escort, tour and transportation. Photo ID required.

2/13 Th 12:30 p.m.-4:30 p.m.

12061311 \$15NR/\$12R

Dazzle Throwback Fridays-Denver

Throwback Fridays are lunch hour shows at Dazzle, an authentic jazz

club showcasing local, national, and international artists along with quality food, drink, and service. Lunch cost on your own, \$15-\$25 plus tax and gratuity. Fee includes ticket, escort, transportation, and parking. No refunds after 3/3.

3/14 F 10:00 am – 1:00 pm

\$30NR/\$26R

Denver Brass Celtic Awakening-Denver

The Newman Center presents the Denver Brass with Celtic Steps Irish Dance, Rocky Mountain Highland Dancers, Celtic Colorado Pipes and Drums, and the Irish Tenor Todd Teske to channel the power of Ireland's ancient runes. The performance decodes a forgotten language and unlocks the secrets of an ancient Celtic legend. Listen for Danny Boy, Skye Boat Song, and more. **No refunds after 2/20.**

3/15 Sa 10:00 am – 1:00 pm

\$30NR/\$26R

Slattery's Pub and Grill Lunch-Greenwood Village

Get your Irish on at this chill Irish pub offering a varied menu of pub favorites, lunch specials, brunch options, and adult beverages. Lunch on your own. Menu range \$10-20 plus tax and gratuity.

3/18 W 11:00 am – 1:45 pm

\$14NR/\$12R

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Crossword Puzzle

February 2025
 Answers page 8

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ACROSS

- 1 Slovenly person
- 5 Stupefy with drink
- 10 Female sheep
- 14 Capital of Peru
- 15 Elude
- 16 Back of the neck
- 17 Exclamation to express sorrow
- 18 Timekeeper
- 19 Woody plant
- 20 State in E Pakistan
- 22 Cereal grass
- 23 Fish covering
- 24 Created
- 26 Tantalize
- 30 Academy award
- 34 Passenger vehicle
- 37 Negates

DOWN

- 39 Earthen pot
- 40 Epic poetry
- 42 River in Zambia
- 44 Sly look
- 45 Root of the taro
- 46 To drink deeply
- 48 Very small
- 49 Encroach
- 51 Titled
- 53 Spawning area of salmon
- 56 Covered with leaves
- 60 Room within a harem
- 62 Capable of being closed again
- 66 Let it stand
- 67 Egg-shaped
- 68 Moderately cold
- 69 Ulcerated chilblain
- 70 Longed
- 71 Egg-shaped
- 72 Performs
- 73 Snow conveyance
- 74 Devices for fishing
- 1 Thick slices
- 2 Pale reddish purple
- 3 City in Nebraska
- 4 Igneous rock of a lava flow
- 5 Second letter of the Greek alphabet
- 6 Wicked
- 7 Coarsely ground corn
- 8 Music hall
- 9 Earth
- 10 Mezzanine
- 11 Watchful
- 12 Fencing sword
- 13 Perceive with the eyes
- 21 Suppose
- 25 Perform
- 27 Diving bird
- 28 Thick slice
- 29 Like an elf
- 31 Skein of thread
- 32 On sheltered side
- 33 Admirable
- 34 High-pitched tone
- 35 Upswept hairdo
- 36 Sodium carbonate
- 38 Chapter of the Koran
- 41 Athenian philosopher
- 43 Tree
- 47 Long fish
- 50 Masculine pronoun
- 52 Member of the clerical order
- 54 Falls
- 55 Satan
- 57 Overhead
- 58 Rest on the surface of a liquid
- 59 Shouts
- 60 Auricular
- 61 Something that is owed
- 63 Fruit of the pine
- 64 Told an untruth
- 65 Probability
- 66 Jamaican popular music

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