

# 50 Plus Marketplace

NEWS



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

August 2024 • Volume 30 • Issue 8

## CU Presents Shakespeare's Macbeth

Keep Shakespeare Weird: Fates, Weirdness, And Weyward Women! The 1603 coronation of James I united England and Scotland under one ruler. James was fascinated by witches; he presided over many 16th-century witch trials and published a 1597 treatise about witch-hunting (*Daemonologie*). James was reportedly descended from the Scottish thane Banquo, though this story was apparently fabricated by an earlier historian.

One might assume Shakespeare wrote *Macbeth*, which likely premiered in 1606, to appeal to James. What better way to entertain the new guy than a Scottish tragedy crammed with witches, praising the king's supposed ancestor? But here's the thing: while *Macbeth's* witches are identified as such in stage directions, no character on-stage describes them as witches (see our director's excellent note about this). Instead, they are called

the weird sisters\*. It wasn't until the 1800s that "weird" acquired the meaning it holds today—uncanny, strange, different.

But here's another thing: "weird" was a later editorial substitution. *Macbeth* was first published in the 1623 First Folio, but nowhere in the Folio's *Macbeth* does "weird" appear; the sisters are "weyward" and "weyard." Another etymological thread: the word weird originally comes from the Old English "wyrd" meaning fate, destiny, or fortune.

Across many cultures, fate is represented by otherworldly women whose crafting influences humanity, a metaphor highlighting the fundamental role of spinning and weaving in preindustrial society. In Greek mythology, the Fates (Moirai) were three goddesses of destiny, and spinners of human fortune. Clotho spun the material. Lachesis (the Allotter) measured

the thread's length, determining one's lifespan. Atropos (the Unalterable) cut the thread, ending a mortal's life.

The Roman Parcae were goddesses who spun, measured, and cut life's threads. Scandinavian mythology features Norns, also female spinners. In Diné (Navajo) culture, Spider Woman is the weaver of the universe. Spinning and weaving craft something out of apparent nothingness, much like any creative act (playwriting, poetry and even pregnancy).

But back to those weird sisters. To be weyward (as the Folio has it) means to "turn away" or to go against the grain. It's a fine line between a destined path and a divergent path. Are we fated or free? To be weird, wyrd or

wayward? —Amanda Giguer

Since 1958, the Colorado Shakespeare Festival has delighted audiences with professional theatre on the CU Boulder campus. All productions will occur in the comfortable indoor Roe Green Theatre this season located at the University Theatre Building, 261 University of Colorado in Boulder. Performances run through August 11. Tickets range from \$28 to \$86 per person. Register today at [cu-presents.org](http://cu-presents.org).



## Rocky Mountain Conservancy's Announces Rocky Terraces Workforce Housing!

The Rocky Mountain Conservancy, with the longstanding and generous support of donors, has completed construction of a new workforce housing complex in Estes Park and recently welcomed the first residents. Rocky Mountain National Park leadership and the Conservancy's board of directors and executive director marked the milestone with a ribbon cutting in June.

The two duplexes bordering Rocky Mountain National Park on Highway 66 provide 16 private bedrooms for park and Conservancy staff, researchers, and fellows. The new housing, which cost about \$2.85 million to build and furnish, is named "Rocky Terraces" after rustic guest cabins previously located on the property.

"Affordable housing options for park staff is a top priority for me. We can't take care of this amazing national park without our staff. This critical workforce housing project, funded by Rocky Mountain Conservancy, helps chip away at this need. We are grateful for the Conservancy's ongoing support as

we tackle housing challenges together," said Gary Ingram, park superintendent.

The shortage of affordable housing in the Estes Valley has also affected the Conservancy's ability to hire and retain staff as well as research and education fellows.

"Through the Rocky Terraces project, the Rocky Mountain Conservancy has taken the lead in confronting an issue facing every national park gateway community in the west," said Conservancy Board President Walt Borneman. "The Conservancy recognized a need, and through the generosity of several large donors and the support of many of our other donors and members, we brought this vision to fruition."

"Attracting the best and brightest talent to conduct research and educational programs in the park is core to the mission of the Rocky Mountain Conservancy," added Charles Cofas, Conservancy board member and chairman of the facilities committee. "Constructing this housing is the single largest project ever undertaken by the Conser-

vancy and will enhance the Conservancy's direct support to the park."

Rooms are available for National Park Service seasonal staff to rent as well. The proximity to the park is particularly helpful for park staff who assist with search and rescue operations.

Rocky Terraces is not the Conservancy's first collaboration with the park on housing. In 2018, the Conservancy funded the work of the Larimer County Conservation Corps to complete the interiors of two new park dormitories which added a total of eight bedrooms and 16 beds to the housing inventory.

Conservancy Executive Director Estee Rivera said, "Rocky Terraces is an exciting milestone for the Conservancy knowing that talented and passionate candidates can accept jobs and fellowships critical to supporting the park and the



Conservancy. In the past, too many exceptional candidates had to withdraw from these life-changing opportunities because of the lack of suitable housing."

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## Governor Polis, CDPHE Discuss Efforts to Strengthen Colorado's Healthcare Workforce

### Tuesday/6

Boulder Genealogical Society provides a free online program on "Translating, Transcribing and Summarizing Documents Using AI" by Thomas Macentee at 7 pm on Zoom only. Learn how to harness the power of artificial intelligence to assist in translating, transcribing, and summarizing a variety of genealogy records. Register online at [www.boulder-genealogy.org](http://www.boulder-genealogy.org) for the Zoom info.

### Wednesday/14

Longmont Genealogical Society presents a free hybrid program on "Roundtable Topics to include Where to Search for Your British Ancestors, You've Done your DNA — Now What, Organizing Your Genealogy Documents, & What Will You Do with Your Tree 'at the end'?" at 1 pm at the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont. Please register online at <https://longmontgenealogical-society.org/>.

### Saturday/24

The Colorado Gerontological Society presents their 35th annual Salute to Seniors Expo at the Greek Events Center at 4610 E. Alameda Ave. in Denver (located on the property of the Assumption Cathedral). A farmer's market, bingo, ice cream bars, mini-health fair, classic car show, oral health care, photo booths, and assistance with genealogy searches will all be part of the fun. Over 60 vendors will display their products and services. Many educational classes, local entertainment, and a grand prize are included during the event. Can't join us in person, zoom in on August 25, 2024, from 11:30 am to 1:00 pm for some great presentations, online trivia, prizes, and an "ask the experts" session. To register for in-person or virtual, visit [www.senioranswers.org](http://www.senioranswers.org). For more information, call 1-855-293 6911.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at [www.aarp.org](http://www.aarp.org) 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>.

*Please check with individual venues for current information.*

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In July, Governor Jared Polis and Colorado Department of Public Health and Environment (CDPHE) Executive Director Jill Ryan discussed Colorado's efforts to strengthen the healthcare workforce through the Practice-Based Healthcare Education grants. The Governor visited the Lowry Family Health Center, which received a grant for the Colorado Works for International Physicians program, an innovative effort to enhance the state's health care workforce. During his visit, Governor Polis met with physicians participating in the program.

"In Colorado, we are committed to ensuring everyone has access to the affordable and quality healthcare they need. By investing in healthcare training and education, we are connecting Coloradans with the skills they need to build careers and get good-paying jobs while expanding our healthcare workforce and saving people money on healthcare," said Governor Polis.

Jill Hunsaker Ryan, executive director of the Colorado Department of Public Health and Environment, echoed the sentiment. "Colorado has a tradition of attracting the best and brightest to our health care workforce, but that doesn't just happen by accident. We need to be intentional about providing opportunities, which will ultimately serve the people of Colorado."

The Colorado Works for International Physicians program trains international medical graduates to enter primary care physician residency programs and obtain medical licenses to practice in the United States.

With 123 areas in Colorado experiencing health care shortages and a projected deficit of 3,000 physicians by 2030, efforts like the Practice-based Health Education Grant Program are essential. Each licensed international medical graduate physician may care for up to 2,000 patients annually, helping to bridge the gap in physician capacity.

According to the Colorado 2022 Talent Pipeline Report, the health care sector has the highest demand for people to fill jobs, with more than 887,865 unique job postings between August 2021 and 2022.

The Colorado Department of Public Health and Environment recently announced 23 grant awards from the Practice-based Health Education Grants Program, which aims to increase the capacity to train students to join the healthcare workforce in Colorado. CDPHE has awarded more than \$18.8 million to 17 organizations to fund 23 programs reaching people across Colorado.



Governor Jared Polis

## Companion Plants for the Vegetable Garden

What are the benefits of companion plants? Two different plants that can be neighbors can contribute nitrogen to the soil, shade to their companion, weed suppression, pest control, attract beneficial pollinators, enhance flavor and so much more. Here are a few companion plants to consider when you start your vegetable garden. And why not add some to your flower garden as well?

Marigolds can add color to the vegetable garden and be a companion plant. Marigolds have nematocidal compounds called alpha-terthienyl. These are root exudates or fluids that are released in the soil. This disrupts the life cycle of nematodes. These are a lot of beneficial nematodes, but there are also plant parasitic root-knot nematodes and disease-promoting bacteria, fungi, and insects which damage the root system and affect the plant's ability to absorb water and nutrients from the soil. It doesn't matter if the marigolds are French or African. A study titled, "Marigolds (*Tagetes* spp.) For Nematode Management" by R. Krueger, K. E. Dover, R. McSor-

ley, and K. H. Wang proved that 29 varieties helped control soil nematodes of different kinds and levels.

Aside from that marigolds deter pests such as aphids, whiteflies, and tomato hornworms for tomatoes. Marigolds attract lace bugs and ladybugs, both very beneficial predatory insects. Marigolds are good companions for honeybees and butterflies for better pollination. Marigolds protect cucumbers from squash bugs. Marigolds can repel bean beetles and thrips.

Another good garden companion is onions. The strong scent of onions deters aphids and thrips away from tomatoes. Onions deter pests from strawberries, lettuce, parsnips, and carrots. With strawberries, the strong scent deters ants and fungal diseases. Strawberries can be good companions to leaf lettuce. The mature leaf lettuce can hide the strawberries from birds. Onions keep insects and rodents away from lettuce. The strong scent of onions masks the smell of parsnips and confuses pests, but onions also improve soil structure and nutrient uptake. Carrots and

onions help each other deter carrot flies and onion maggots are attracted to both crops.

Herbs such as sage, parsley, and dill attract bees and pollinators. The strong scent of oregano repels slugs, nymphs, and fruit flies which attack strawberries. Oregano can keep the moisture level just right for strawberries. Parsley and dill are biennial, while sage and oregano are perennials. Crop rotation and companion planting techniques work well together. Rotating different companion vegetable plants around the perennial herbs each season works. Crop rotation is beneficial in keeping disease and pests down and companion planting enhances plants with added protection.

Linda Langelo is a Colorado State University Extension horticulture specialist, member of Garden Communicators International, and regular contributor to [MarthaStewart.com](http://MarthaStewart.com) gardening articles. She also produces *The Relentless Gardener Podcast*. She is a guest blogger for AARP Colorado.

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### DEADLINE

### 10th of the Preceding Month

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

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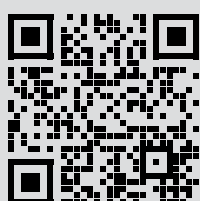
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### Now Hear This Honoring World Humanitarian Day



**Dr. D'Anne Rudden**

World Humanitarian Day, observed on August 19th each year raises awareness for the need for humanitarian assistance. It's a day to celebrate the spirit of compassion and solidarity that drives humanitarian action. One nonprofit organization that embodies this spirit is Hearing the Call-Colorado (HTC).

HTC is a nonprofit organization dedicated to providing hearing healthcare services to underserved communities within our Community. Founded by a team of audiologists and healthcare professionals, HTC recognizes the fundamental importance of hearing health to

overall well-being and seeks to address the disparity in access to hearing care.

On World Humanitarian Day, HTC's mission takes on added significance as it highlights the crucial role of healthcare providers in humanitarian efforts. By focusing on hearing health, HTC addresses a critical but often overlooked aspect of humanitarian aid.

HTC's approach is rooted in sustainable, community-driven solutions. They partner with local healthcare organizations and professionals to deliver comprehensive hearing care services, including screenings, diagnostics, and interventions such as hearing aid fittings.

World Humanitarian Day serves as a reminder of the importance of humanitarian action in addressing global chal-

lenges and fostering a more inclusive and equitable world. By supporting organizations like HTC, individuals can contribute to efforts to ensure that everyone, regardless of their circumstances, has access to essential healthcare services.

In practice for 30 years, Dr. D'Anne Rudden is a Doctor of Audiology, board-certified by the American Board of Audiology. Dr. Caney Demars joined the practice in 2020, adding 7+ years of experience and a passion for serving our community! Dr. Rudden is one of six founding members and Project Manager for Hearing the Call-Colorado. Our non-profit helps income-qualified people gain access to hearing healthcare. To date, the doctors participating in HTC have collectively spent 2,990 hours helping 214 patients get fit with hearing aids!

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# Five Malnutrition Facts You Probably Didn't Know

Malnutrition is a significant problem across the world, including the U.S. Older adults are particularly at risk for malnutrition due to changes in their bodies as they age. They may experience decreased appetite, weight loss, decreased mobility, and limited access to healthy food, among other challenges. Here are five facts you probably didn't know about whether you or someone you know could be malnourished.

**FACT 1:** Malnourished individuals, including seniors, can come in all sizes: 1) 0.4% of U.S. adults ages 60-74 are underweight. 2) 41.5% of U.S. adults ages 60+ are overweight.<sup>2</sup>

Malnourished individuals can come in all sizes. People with malnutrition can be both underweight or overweight. Obese individuals can and often do miss important nutrients. The food you eat can give you energy but still lacks key nutrients to keep you healthy. Protein is important, and if your body does not get enough, you can't keep your muscles healthy.

Hunger, on the other hand, is defined as the feeling or sensation of discomfort or weakness caused by lack of food. For a variety of reasons, older adults can lose their appetite and may not feel hungry, even though their bodies need food.

**FACT 2:** Malnutrition affects all groups of people: 1) 1 in 14 older adults ages 60+ was experiencing food insecurity in 2021. 2) While malnutrition is more common in older adults living in health care settings, like geriatric day hospitals and nursing homes (16-19%), a significant amount of older adults living in the community are malnourished (11%).

Malnutrition affects ALL groups of people. Malnutrition is a significant problem across the world, including the U.S. While some of the causes may differ—lack of food, not enough of the right nutrients—too many individuals confront malnutrition.

Older adults are particularly at risk for malnutrition due to changes in our bodies as we age. We may experience decreased appetite, weight loss, decreased mobility, and limited access to healthy food, among other challenges.

Our body and nutrient needs also change as we get older, so it's especially important to get the right amount of fluids, protein, and important nutrients like calcium and vitamin D. It is also recommended to limit salt and saturated fats, which can contribute to conditions like high cholesterol or high blood pressure.

**FACT 3:** Malnutrition can come from a number of factors: 1) Chronic conditions, 2) Limit-

ed income, 3) Trouble swallowing/chewing, 4) Poor dental health, 5) Changing taste buds, 6) Living alone, 7) Medication side effects, 8) Poor appetite, 9) Restricted diets, 10) Lack of mobility, 11) Depression, 12) Dementia, & 13) Gastrointestinal disorders.

Malnutrition can come from a number of factors. All of the factors above, plus more, can lead to malnutrition for seniors. Sometimes, poor diets are caused by physical or mental changes. Other times, they are affected by our surroundings such as feeling alone or an inability to get to the store or prepare healthy meals. Often, the medication we take can affect our appetite or our ability to absorb key nutrients. And some medical conditions like dysphagia, which makes swallowing difficult or painful, may lead to malnutrition.

These factors can quickly build on each other and make the problem worse. For example, if you're not getting the right nutrients, you might become more tired. Being tired might make it harder for you to shop, cook, and exercise. Together, these factors can cause you to lose lean body mass. Add a hospitalization with surgery into the mix, and the impact on your health can worsen.

**FACT 4:** You can't always prevent or treat malnutrition by just eating more: 1) Adjust your diet to get all the nutrients your body needs, 2) Exercise to build muscle and improve strength, 3) Consult a Registered Dietitian Nutritionist, & 4) Consider using an oral nutritional supplement.

You can't prevent or treat malnutrition by just eating more. Malnutrition is an imbalance of nutrients—meaning your diet may be high in calories but is low in nutrients that your body needs. Rather than just eat more, malnourished individuals need to carefully adjust their diet to make sure they're getting everything they need. Physical activity paired with good nutrition can help combat malnutrition by increasing muscle strength and overall well-being. Making sure you get enough protein is very important to help with recovery.

**FACT 5:** Malnutrition has many warning signs: 1) Muscle weakness, 2) Fatigue, 3) Increased illness or infection, 4) Feeling irritable or depressed, 5) Unplanned weight loss, & 6) Decreased appetite/

Malnutrition has many warning signs. All of these factors can be a

sign that you or a loved one is experiencing malnutrition. There are other signs, too, like unplanned weight loss, poor appetite, easy bruising, and even dental difficulties.

If you suspect that you or someone you know could be malnourished, here are some steps to take that can help: 1) Speak to your doctor about your concerns. 2) Understand the warning signs and stay informed avoid malnutrition. 3) Read these simple tips to see how to eat healthy:

1) Balance food group choices throughout the day. That's right—good old food groups. Fruits, vegetables, grains, dairy, and protein. Make half your plate of fruits and vegetables, about a quarter grain, and a quarter protein. Not eating off of a plate? Think about balancing throughout the day, but don't

get too technical,

2) Make variety the spice of your life and each food group. Try a new herb in cooking, reach for a rainbow of produce, add barley or quinoa to the whole wheat bread and oatmeal rotation, and alternate beans, fish, lean meats, and lentils as protein choices,

3) Enjoy eating. Share a meal with a friend or family. Seek out foods that you really like that are also good for you and savor each bite. In addition to eating well, keep exercising. If you haven't exercised yet, talk to your doctor about getting started. Doing both is good for your health... and it simply feels good to be good to you, &

4) See if you qualify for programs that can help pay for food. Article courtesy of National Council on Aging.



Colorado Gerontological Society presents

## 35th Annual Salute to Seniors



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## Understanding The Energy Employees Occupational Illness Compensation Program Act

The Department of Energy (DOE) and various agencies employed thousands to perform hazardous work in nuclear weapons production. This exposed many employees to toxic substances. The Energy Employees Occupational Illness Compensation Program Act (EEOICPA), administered by the Department of Labor (DOL), provides compensation and medical benefits to current and former nuclear and uranium workers for illnesses they have developed that are linked to occupational exposures. EEOICPA benefits are divided into two main programs – Part B and Part E.

Available Compensation for Workers Under Part B

One-time payment of \$150,000, full medical coverage related to your DOL approved condition/s. Qualifying conditions under Part B include; Chronic Beryllium Disease and Cancers, including, Leukemia, Lung, Bone, Renal, Myeloma, Lymphoma (non-Hodgkins), Thyroid, Breast, Esophagus, Stomach, Pharynx, Small Intestine, Pancreas, Bile Duct, Liver,

Gallbladder, Salivary Gland, Urinary Bladder, Brain, Colon, and Ovary

Available Compensation for Workers Under Part E

Up to \$250,000, full medical coverage related to your DOL approved condition/s. Qualifying conditions include, but are not limited to; COPD, Interstitial Lung Disease, Asbestosis, Coronary Artery Disease, Atrial Fibrillation, High Blood Pressure, Kidney Disease, Obstructive Sleep Apnea, Diabetes II, Arthritis, and more.

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## Reflections

### Putting On Change



**Martha Coffin Evans**

What if instead of “Puttin’ on the Ritz,” in 1929 sophisticated, impeccable style, we changed to something different? What would happen if that became something else?

While still involving a “putting on” action, emotions, words or attitudes become that something different. The costs might vary; the response certainly will!

If we put on kindness, what response will that evoke? Might another respond in kind, especially if our action is random. There’s something about “one good deed deserves another.”

Putting on compassion might result in a heartfelt response from the recipient. The benefit would be immeasurable while the cost - negligible. When we’re hurt physically or emotionally, knowing others care goes beyond measure.

Adding a smile could brighten another’s day. That frown might keep others more than an arm distance away. “Misery loves company,” I was told years ago. Her frown and sad face expressed that too. I didn’t buy into that sentiment then nor do I now!

Layer on some laughter for good measure. Cranky and glum days

come with or without the weather to augment the feeling. Laughter can buoy the spirits even if temporarily. Usually there’s a little something which can be funny enough to bring about some levity.

Sometimes we may need to put on patience, or so we were told years ago when traveling. That’s probably true when our patience is tried.

We can’t forget to add love. Putting on love every day can attract others, help our heart health and bring about more enjoyment.

This different dress style may seem a little “Polly Anna-ish,” and could well be. I’d say it brings about more fun, friendship and an all-round sense of well-being.

What will it be today – jeans, windbreaker, tee? I’ll choose to put on love and let the rest of the layers emerge. What about you?

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



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## Mental Health Fireworks and PTSD



**Dr. David Remmert**

Five years ago, my father started writing a book. In it, he details the observations he's made over the span of his 87 years on the planet. Clocking in at over 3,000 pages currently, he clearly has a lot to say about society, politics, and the psychology of human beings living in the defined social structure of a democracy. We morbidly joke in my family that finishing that book is keeping him alive (so don't finish it!), but in more sentimental moments he will say that he wants to pass along the insights he's gained to his children and grandchildren.

Wisdom longs to be shared. As parents we seek to impart knowledge to our children. Don't touch a hot stove, look both ways, and such. As grandparents, we feel a tug towards sharing the wisdom of our years. That tug is what pulls society forward into a more insightful, thoughtful, and ethical structure – and it demands to be highlighted by our wise elders who possess it.

My father is engaged in a ritual of age by consolidating his accumulated wisdom so his children and their children may

benefit from it and expand upon it. The instinct to pass on what we have learned over the years is as much a part of us as the instinct to protect those we love.

As we celebrate our children going off to college or having children of their own, recognize that these are meaningful moments to impart wisdom. In fact, you may feel the tug to do so quite profoundly. I challenge you to share your wisdom in whichever way you prefer and embrace the instinct to ensure that all you have learned is not lost.

*Dr. David Remmert is a Longmont-based psychologist at Mental Health Partners (soon to be Clinica Family Health & Wellness), a community health nonprofit serving Boulder and Broomfield counties since 1962.*

### North Boulder Branch Library

4500 13th Street.

On Saturday, June 29, Boulder Public Library celebrated the grand opening of the new North Boulder (NoBo) Library with free food, free drinks, music, a bilingual storytime, the unveiling of a new interactive public art piece, and festive activities for all ages.

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## Boulder County Area Agency on Aging Releases Updated Data Report

Boulder County Area Agency on Aging (BCAAA) released the updated Aging Well in Boulder County: Data Report that can be used to inform local dialogues, planning initiatives, and advocacy that will encourage and foster a more age-friendly Boulder County. The report is organized by the AARP and World Health Organization domains of Livability, which recognize the impacts of our built and social environments on healthy aging. BCAA expanded on the eight domains of livability to include a domain focused on Disaster Preparedness. In addition, this report highlights the strengths and needs of eight subpopulations of older adults and caregivers and their unique considerations.

Boulder County's older adult (60+) population is growing faster than ever before. The last of the Baby Boomer generation will be turning 60 in 2024. According to projections from the State Demography Office, Boulder County's total population will increase by 15%, or around 50,000

people, from 2022 to 2050. The largest growth of an age group in this three-decade period will be in our 80+ population, projected to increase by 220%.

The report finds that, while the needs of those who are 80 and older are not homogenous, the needs change as we age. Boulder County must change and strengthen our community for this shift. The population of the United States is moving from "pyramid" to "pillar," meaning that the distribution across age groups will be closer to equal with a changed birth rate and advances in medicine that make living longer possible. The shifts made to prepare for the increase in older adults now will positively impact generations to come.

If you have questions about the Data Report, please contact Lindsay Neville at lneville@boulder-county.gov.



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## Ron Stern's Travel Series

### Taste of Loveland Showcases NOCO's Best

The 18th annual Taste of Loveland was a huge success attracting hundreds to the streets of downtown to sample some of the best

Scalzotto's Italian Restaurant offers traditional Northern Italian cuisine in a family atmosphere. Their pear ravioli, for example,



was a crowd-pleasing favorite!

On the sweeter side, "B" Street Cupcakes produces 150 varieties, made fresh each day. With several locations in the state, Josh and John's slow-churned ice cream uses high-quality ingredients to make

food, wine, and spirits NOCO has to offer. Benefiting Foothills Gateway and The Namaqua Center, their programs have helped thousands of people dealing with intellectual and developmental disabilities.

flavors like Purple Mountain Majesty and Moose on the Loose. And at Puciugo Gelato Caffè. You can enjoy gelato just like being in Rome with their secret recipe and authentic ingredients.



Bonefish Grill samples

This was the first time the event was held in an open-air venue along Fifth Street in downtown Loveland. Sixty vendors representing restaurants, distilleries, breweries, and wineries offered unlimited tastings for a single entrance price.

With the growing number of food and beverage options in Northern Colorado, here are some that you might have overlooked. Da Big Kahuna Tiki Bar and Grill serves Hawaiian-style food and colorful Tiki drinks. Sandos Subs makes hot Chicago-style sandwiches with premium meats. The elote Mexican corn samples at Vatos Tacos were some of the best I have tasted, and they won the best street taco at last year's event.

In case you weren't able to attend this year's event, there's plenty of time to explore these businesses at their brick-and-mortar locations. Most of these are on the Visit-Loveland website.

This was a sponsored visit, however, all opinions herein are the author's.



Vato's Tacos



If you are warm and cozy, know many of our recipients are not... and you can help.

Visit [www.efaa.org](http://www.efaa.org) for more information

## TRADING POST

### Travel

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I can send out colorful flyers!

**Mackinac Island**  
August 31-September 8, 2024  
\$1259 for 9 days  
Motorcoach, lodging and 14 meals  
All tours and sightseeing!

**Silverton / Durango Train**  
September 21,22,23  
To Be Announced  
**The Ark Encounter**  
September 28 – October 6,2024  
\$1225 for 9 days

**Creation Museum, Ohio Boat Tour, Cincinnati**  
Museum and more!  
South Dakota, Black Hills, Mt. Rushmore

**Crazy Horse**  
October 7 – 11, 2024  
\$715 for 5 days  
Motorcoach, most meals, ticketed venues, sights and more!

**Branson Christmas**  
November 10 -16, 2024  
\$1055 7days 10 meals, 7 shows  
More details on flyer!

### Services

**Gutter Cleaning**  
First flFloor only  
Contact Bob at 303/329-8205  
Free over the phone estimates  
Twin Pines Window Cleaning

**Support for Caregivers:**  
Specialized counseling services designed for family and professional caregivers. Visit [ContemplativeCaregiver.com](http://ContemplativeCaregiver.com) or call (720) 776-9924 to explore how we can support your caregiving journeys.

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

**Silver Wings Arts Program**  
Adult day program creating music, art, movement M-F, 10:30a-3:30p. Certified caregiving, dementia trained, PhD, CPR. Day rates 720-436-6397 [seniorsitterscolorado@gmail.com](mailto:seniorsitterscolorado@gmail.com)

### Help Wanted

Part Time SALES!  
Choose Your Own Hours and Serve Seniors.  
Call Robert at 303-694-5512  
For Details.

### Services

**Heal by the Lake:**  
Explore the restorative powers of fishing therapy at St. Vrain State Park.  
Explore your path to wellness today at [ContemplativeCaregiver.com](http://ContemplativeCaregiver.com) or call (720) 776-9924.

**Is your loved one safe to drive?**  
Call us to learn more about our evidence based diagnostic tool that can determine a person's ability to safely operate a vehicle  
The Brain and Behavior Clinic 303-938-9244

**I GOT THIS**  
No Job Too Small Competitive Prices Painting (30 years experience) Gardening Decluttering/organizing Carrie Copeland Owner Front Range Colorado 401-480-7103

### Events

**MUSIC JAM:**  
"The Boulder Friends of Jazz hosts a Dixieland and swing jam session the first Sunday of each month 1 to 4pm at the Avalon Ballroom 6185 Arapahoe Rd, Boulder, dancers welcome. Members \$8.00, non-members \$12.00, students \$2.00, musicians who sit in are free. Ph 303-449-1888 for info.

Stay Up-To Date on scams in Colorado. Monthly columns by the District Attorney Offices and Better Business Bureau are available at [50plus.news/senior-scams](http://50plus.news/senior-scams)

## TRADING POST ORDER FORM

To advertise in the classified section, email 30 words or less to [robert@50plusmarketplaceneeds.com](mailto:robert@50plusmarketplaceneeds.com) or mail this form and a check for \$29 per month made payable to:

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## Genealogy Rocks!



**Carol Darrow**

In mid-July, my sister in Houston was impacted by Hurricane Beryl. She lost electricity and air conditioning for more than a week.

Have you encountered any stories of natural disasters that affected one of your ancestors? Hurricanes and tornados must have been terrifying when they appeared without warning on the horizon.

Were your ancestors near Chicago from October 8-10, 1871? The fire killed approximately 300 people and left more than 100,000 residents homeless.

Did you have family in San Francisco on April 18, 1906 when an earthquake and resulting fire disrupted life from southern Oregon to Los Angeles?

How about the tornado that struck LeMars, Iowa, on June 17, 1885 causing great loss of life in Plymouth and Cherokee Counties in the state? Names of the dead were printed in the newspaper.

Newspapers are a great source of news after the event. Checking on a death date for an ancestor may

lead you to surprising circumstances. People died by suffocation during the worst of the Dust Bowl storms. Riverboats exploded, drowning hundreds. Railroad accidents resulted in mass tragedies.

Did you see the story in the newspaper and then move on? Or did you consider the consequences to the family? Did they lose the breadwinner of the family? Did they move away to try to avoid the next disaster? Or did they just rebuild in the same place?

These are the headlines in the lives of our ancestors. What happened? Who was affected? How did they cope with the results? It is your job to capture the information about the event and preserve it in a page of storytelling. The story might lead you into asking questions about weather forecasting or railroad fatalities in that historical period. Research about local disasters may help you understand how your ancestor faced the challenges in his life.

*Carol Cooke Darrow teaches a free CGS Zoom Beginning Genealogy class on the second Saturday of the month. Register at [cogensoc.us](http://cogensoc.us).*

*We Care*

## Five Reasons Water Is Important to Your Health

We all know it is important, and we all know we should be doing it. But do we know why? Well, for starters, water makes up 60% of your total body weight and a startling 90% of your brain weight. Adequate hydration is essential for your body to function at all, let alone optimally. But if that isn't enough to convince you, here are five fantastic reasons water is important to your health!

1) Water boosts energy! Water delivers important nutrients to all our cells, especially muscle cells, postponing muscle fatigue.

2) Water helps with weight loss! Water helps you feel full longer without adding any additional calories. Drinking water or eating foods with a high-water content can be a big help in managing your weight.

3) Water aids in digestion! Water aids in constipation and other abdominal issues, especially for those suffering from IBS. Water helps to move the digestive process along and through the system.

4) Water detoxifies! It moves toxins through your system faster and optimizes kidney function. Inadequate hydration means inadequate kidney function.

5) Water hydrates skin! Forget expensive creams and cure-alls. Water is the best defense against aging and wrinkles in the skin.

The guideline recommended amount is eight glasses per day, though this varies from person to person. Those who exercise regularly, work outside, or have chronic medical conditions should consume more water to compensate for more water loss. Remember, water is your friend, and proper hydration is the key to good health.

Article courtesy of UCHealth.



*Say you saw it in 50 Plus Marketplace News*

## Health Matters

### BCH First In Colorado To Introduce Newest Technology To Treat Aortic Stenosis



**Evolut FX+ Group**

In the United States alone, more than 270,000 people are diagnosed annually with symptomatic severe aortic stenosis (ssAS)—a type of heart valve disease. If left untreated, 50% of patients with ssAS can die from heart failure in as little as two years.

Patients turn to transcatheter aortic valve replacement (TAVR)—a minimally invasive, catheter-delivered procedure that's an alternative to open-heart surgical aortic valve replacement—to boost the heart's blood flow, allowing greater quality of life and return to their favorite activities. TAVR is available for patients across all risk categories (extreme, high, intermediate and low).

In June, Boulder Community Health (BCH) treated its first patient using the newest TAVR system, Evolut™ FX+ TAVR system. BCH's Foothills Hospital was the first facility in Colorado and a four-state region (full market release) to offer the latest technology to treat

symptomatic ssAS.

Experienced interventional cardiologist Srinivas Iyengar, MD, and his Structural Heart & Valve team – including Daniel O'Hair, MD - performed the milestone procedure using the newest TAVR system, which is approved by the Food and Drug Administration (FDA).

This latest advancement is an exciting milestone that demonstrates BCH's commitment to improving cardiac care for heart valve disease patients.

If you or someone you know has ssAS, talk with your doctor about TAVR to determine if the procedure is the right treatment option. Boulder Heart's expert surgeons, cardiologists, electrophysiologists, and advance practice providers (APPs) excel in preventative, surgical and life-saving treatments.

Call Boulder Heart at 303-442-2395 to schedule an appointment with the area's most experienced cardiology team. Convenient access to all services is available at four locations: Boulder, Erie, Lafayette and Longmont. Learn more about Boulder Heart at [bch.org/heart](http://bch.org/heart).

## Technology is Hip!

### Why Are Times Zones Different Across the USA?



**Bob Larson**

In the United States, time is divided into nine standard time zones covering the states, territories, and other US possessions, with most of the country observing daylight saving time (DST) during the spring, summer, and fall months. The time zone boundaries and DST observance are regulated by the Department of Transportation, and highly precise timekeeping services (clocks) are provided by two federal agencies: the National Institute of Standards and Technology (NIST) operating WWV radio, and the United States Naval Observatory (USNO). The clocks run by these services are kept synchronized with each other as well as with those of other international timekeeping organizations.

Here's why we have different time zones:

1. Earth's Rotation: As the Earth rotates, different regions enter and exit daylight at varying times. To account for this, we divide the world into time zones.

2. Historical Complexity: In the past, every US city used its

own local time standard, resulting in over 300 local sun times. Time zones were a compromise, balancing geographic variations while still approximating mean solar time.

3. Scientific Basis: Earth completes one full rotation (360 degrees) in approximately 24 hours. Each hour corresponds to about 15 degrees of rotation, forming the basis for assigning time zones.

4. Economical Reasons: Farming, manufacturing, and other industries profit from DST with safer and longer daylight hours.

The four main U.S. time zones are: Eastern Time Zone, Central Time Zone, Mountain Time Zone, & Pacific Time Zone plus Alaska and Hawaii have their own unique time zones.

Originally DST ran from the last Sunday in April until the last Sunday in October. Two subsequent amendments, in 1986 and in 2005 have shifted these days so that daylight saving time now runs from the second Sunday in March until the first Sunday in November. This is another great technology beneficial to humanity. Bob Larson is a technologist and marketing director for 50 Plus.



## Social Security Today

### Accessing Your Personal My Social Security Account

For over 10 years, my Social Security has helped many people access our programs and services online. Soon, we will change the way you sign in to all our online services - including my Social Security. You will no longer be able to sign in to your personal my Social Security account using your username and password. Instead, you'll need to use one of our credential service providers, Login.gov or ID.me. If you already have a Login.gov or ID.me account, and can sign in to our online services, please continue using that account.

If you only have a Social Security username, our screens will guide you through the process to transition your account to Login.gov. Login.gov provides enhanced online security, helps protect you from identity theft, and allows you to create an account that can be used across other agencies. It will only take a few minutes to create a new Login.gov account.

How to transition your Social Security username account to Login.gov

To transition your account, please go to [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) and select 'Sign In'. On the next page, select 'Sign in with Social Security Username'. After you successfully sign in with your Social Security username and password you will receive a prompt to create an account with Login.gov. You will then be taken to the Login.gov website.

Once you successfully link your Social Security username with your new Login.gov account, you will see a confirmation screen.

You can start using your new Login.gov account to access our online services immediately. You will no longer be able to sign in with your personal my Social Security account using your Social Security username. Login.gov has 24/7 customer support through phone and chat at [www.login.gov/help](http://www.login.gov/help) to help you set up an account, if needed.

If you're not receiving benefits, you can use your personal my Social Security account to:

- Request a replacement Social Security card.
- Get estimates for future benefits.
- Get your Social Security Statement instantly.
- Get proof that you do not receive benefits.
- Check your application status.

If you're receiving benefits, you can use your personal my Social Security account to:

- Request a replacement Social Security card.
- Get an instant benefit verification letter.
- Start or change your direct deposit. (Social Security beneficiaries only)
- Change your address. (Social Security beneficiaries only)
- Get a replacement SSA-1099 or SSA-1042S instantly for tax season.
- Opt out of mailed notices for those available online.

For more information, please read our publication my Social Security: How to Create an Online Account at [www.ssa.gov/pubs/EN-05-10540.pdf](http://www.ssa.gov/pubs/EN-05-10540.pdf). Please share this information with your loved ones.

## Pets Are Family

### Keeping Dogs Safe In Hot Weather

We've already experienced heavy heat waves in Colorado this summer, and while knowing that these hot temps will continue in the next couple of months, here are some reminders to ensure your dog remains safe and comfortable.



Judy Calhoun

First and foremost, always provide plenty of fresh, cool water. Dehydration can occur quickly in hot weather, so make sure your dog has access to water both indoors and outdoors. Consider adding ice cubes to their water bowl to keep it cool for longer periods.

Avoid strenuous exercise during the hottest parts of the day, typically between 10 a.m. and 4 p.m. Instead, schedule walks and playtime for early mornings or late evenings. Pay attention to your dog's behavior; if they seem tired or are panting heavily, it's time to head indoors.

If your dog spends time outside, ensure they have access to shade. Trees, umbrellas, or specially designed dog tents can provide much-needed relief from direct sunlight. Additionally, make sure there's proper ventilation in their resting area.

Never leave your dog in a parked

car, even for a few minutes. The temperature inside a vehicle can skyrocket within moments, posing a deadly risk.

To help your dog cool down, use damp, cool towels on their body or provide a kiddie pool for them to splash in. Avoid

using ice-cold water, as it can cause shock. Cooling mats and vests are also effective tools to help regulate your dog's body temperature.

Be aware of the symptoms of heatstroke, including excessive panting, drooling, lethargy, and vomiting. If you suspect your dog is suffering from heatstroke, move them to a cool area immediately and contact your veterinarian.

By following these tips, you can help ensure your furry friend stays safe and comfortable, even on the hottest days. Learn more at [noco-humane.org](http://noco-humane.org).

*Help us  
Help the 50+  
Community*

**WE ARE LOCAL!**

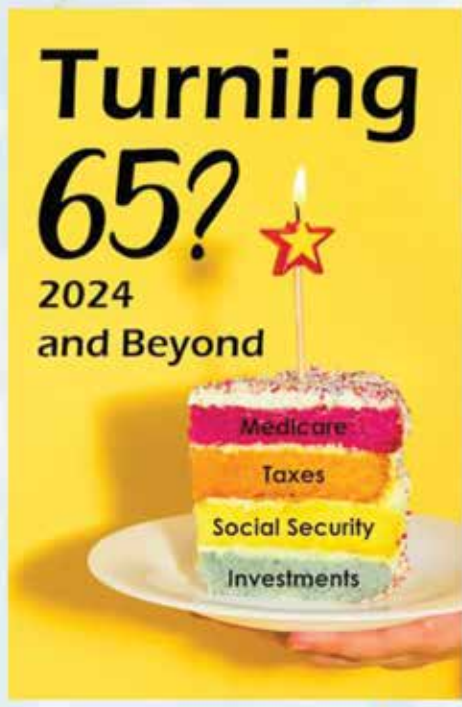
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### Find Einstein



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For those of you already past 65,  
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**Ron Vejrostek and  
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## Poetry Rising

The heat is on. The monsoons blow in and out. It's Colorado! Gratitude abounds. Gushing rainfall washes away the dusty days...going deeper than sweet spring showers. Sadly, we still have wars. We still have fires, We still have disagreements, and sometimes grief. And, some mornings, it is just hard to get out of bed. Ever have that feeling? Knowing better—but somehow, some mornings are just hard—that's all. In fact, it could be said, if you don't have mornings like this once in a while, you just aren't paying attention!!

### SOME MORNINGS

Some mornings,  
joy does not come.

Some mornings  
are heavy.

Some mornings  
there is only a slippery road ahead,  
and it's all downhill.

It's not about the head,  
it's about the heart

So many hurting.  
So helpless.  
And even if I could,  
would I?

Some mornings the only way forward  
is toward those other mornings.

And somehow,  
somewhere deep inside,  
is the knowledge  
that those mornings will be better.

So move along now...  
there is no dwelling here.

And really,  
we have no idea  
what this new day might bring.

So move along, move along.  
Some mornings,  
it's the only way to go.

© Barbara Wood Gray  
"Sharing the Song"

<https://www.youtube.com/@SharingTheSong/videos>

## Social Security Today

### Social Security Announces Upcoming Changes to Accessing Online Services Agency Transitioning Authentication Services to Login.gov

Today the Social Security Administration announced that customers who created an online account (e.g., my Social Security account) before September 18, 2021, will soon be required to transition to a Login.gov account to continue access to their online services. Over five million of these account holders have already transitioned to Login.gov.

The agency is making the changes to simplify the sign-in experience and align with federal authentication standards while providing safe and secure access to online services.

"my Social Security is a safe and secure way for people to do business with us," said Social Security Commissioner Martin O'Malley. "We're excited to transition to Login.gov to access our online services, streamlining the process and ease of use for the public across agencies."

Account holders are encouraged to sign-in now. When the user logs in, they will be presented with an option to easily transition to Login.gov. Once their account is successfully

linked, a confirmation screen will appear, and they will have immediate access to their personal my Social Security services or other service that they were attempting to access.

Existing Login.gov or ID.me account holders do NOT need to create a new account or take any action.

my Social Security accounts are free, secure, and provide personalized tools for everyone, whether receiving benefits or not. People can use their account to request a replacement Social Security card, check the status of an application, estimate future benefits, or manage the benefits they already receive. For more information visit Create an Account | my Social Security | SSA.

For more information about Login.gov, including their 24/7 customer phone and chat support, visit Help | Login.gov.

*We Care*

## Call for a Tour. Lunch is on us!

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## Boulder Announces Live Concert Series

The city of Boulder is excited to present a new live music concert series this summer on University Hill and in Boulder Junction - "On the Rise; A Celebration of Past, Present and Future Boulder Music." Each event is free and aims to support local and regional musicians as well as our business community. The series is produced by Roots Music Project, a non-profit music incubator based in Boulder.

Save the dates for each of the events:

- Saturday, August 24, 5 - 10 p.m. on The Hill Events Street at 1221 Pennsylvania Ave.

- Saturday, Sept. 28, 5 - 9 p.m. at Depot Square Plaza in Boulder Junction

Colorado's Largest

### Timber Dan Fall Collectible, Vintage, & Antique Toy Show & Sale

Saturday October 5, 2024

9 A. M. To 4 P. M. - Loveland, CO

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**Antique and Collectible Toys:** Farm toys, die-cast racing, Star Wars and Star Trek, Hot Wheels, Matchbox, Tonka, large pressed steel, tin litho, windup, pedals, GI Joe, cast iron, airplanes, construction, games, models, dolls.

**Thousands of toys and other good stuff.**

Admission:

Adults \$5 - Children 12 and under - Free

Early Bird or Floor Rights \$10

7 a.m. - 9 a.m., Saturday

Contact: Sherlyn Sampson

Tele. 970-663-9392

E-mail: [sks80538@gmail.com](mailto:sks80538@gmail.com)

Website: [www.lovelandlionsclub.com](http://www.lovelandlionsclub.com)

**WE ARE LOCAL!**

## Colorado Gerontological Society

Salute to Seniors Brings Back Some Favorites and Lots of New Programming



Eileen Doherty

A farmer's market, bingo, ice cream bars, mini-health fair, classic car show, oral health care, photo booths, and assistance with genealogy searches will all

Tour the awe-inspiring murals and ornate statuary in the Greek Orthodox Assumption Cathedral. Belly dancing, country music, and impersonators round out the day's entertainment.

Begin the morning with doughnuts and coffee and enjoy other healthy (and non-healthy) snacks, and other treats throughout the day. Grand prize is 2 free tickets to a pre-season Denver Broncos home game.

Can't join us in person, zoom in on August 25, 2024, from 11:30 am to 1:00 pm for some great presentations, online trivia, prizes, and an "ask the experts" session.

To register for in-person or virtual, visit [www.senioranswers.org](http://www.senioranswers.org). For more information, call 1-855-293-6911.

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

be part of the fun at the Salute to Seniors on August 24, 2024, from 9:30 am to 3:00 pm at the Greek Events Center, 4610 E Alameda Av, Denver.

Hundreds of experts that offer home repairs, legal services, Medicare, home care, and health care services, paint for your home, advance care planning, and reverse mortgages will be on hand to give you the most current information about their products. Shop and collect information without the pressure of a salesperson in your home. The title sponsor this year is Cigna.

Educational offerings include: major changes to Medicare Part D in 2025, filing for the senior income tax credit of \$800 in 2025, understanding property and casualty insurance of your hail damaged roof, avoiding email and other scams, claiming your senior homestead exemption on your property taxes, getting rid of your china and that stuff your kids don't want, emotional well-being, and oral health.

## Big Flavor Doesn't Have to Come With Maximum Effort in the Kitchen

(StatePoint) Is your kitchen routine in need of some inspiration? There's no better way to transform your culinary repertoire than with spices.

With the right flavor combinations, anyone can elevate meal-times with minimal effort, whether they're in the kitchen cooking, or at the table, seasoning a finished dish.

Taking the guesswork out of the equation are Flavor Maker Seasonings. Flavoring meals from prep to plate, the 15 blends in this new line from the McCormick brand are each expertly crafted without additives to offer a quick and convenient way to enhance the flavor of any dish – from eggs to chicken to veggies.

Speaking of eggs, you can start your mornings off right with this recipe for Veggie Bacon Quiche, which has an extra pop of savory and sharp flavor, thanks to its use of Flavor Maker Egg Topping Seasoning in both the veggie and egg mixtures.

### Ingredients:

- 1 tablespoon vegetable oil
- 1 small red bell pepper, chopped (about 1/2 cup)
- 1 small yellow onion, chopped (about 1/2 cup)
- 1/2 pound asparagus, trimmed and cut into 1-inch pieces (about 1 cup)
- 2 teaspoons Flavor Maker Egg Topping Seasoning, divided
- 1 refrigerated pie crust (from 14.1-ounce package)
- 6 slices thick-sliced bacon,

crisply cooked and crumbled (about 1 cup)

- 1/2 cup shredded mozzarella cheese, divided
- 4 large eggs
- 1/2 cup milk

### Instructions:

1. Place oven rack in lowest position. Preheat oven to 375 degrees F. Heat oil in large skillet on medium-high heat. Add vegetables and 1 teaspoon Flavor Maker Seasoning. Cook and stir 5 minutes until softened. Remove from heat.

2. Prepare pie crust as directed on package for one-crust pie using 9-inch pie plate. Layer vegetable mixture, bacon and cheese in pie crust. Whisk eggs, milk, and remaining 1 teaspoon Flavor Maker Seasoning in medium bowl until well blended. Pour egg mixture over filling in pie crust.

3. Bake on lowest oven rack 40 to 45 minutes until set, and knife inserted in center comes out clean. If necessary, after 15 to 20 minutes of baking, cover crust with strips of foil to prevent excessive browning. Let stand 10 minutes before slicing and serving. Sprinkle with additional Flavor Maker Egg Topping, to taste.

Tip: Flavor Maker Egg Topping Seasoning is also great sprinkled on scrambled or fried eggs or stirred into omelets and breakfast casseroles. With well-crafted spice blends, you can simplify meal planning and easily turn breakfast, lunch and dinner into a culinary adventure.

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## Boulder Older Adult Services

**West Age Well Center: 909 Arapahoe Ave. 303-441-3148, Mon. – Fri., 9:00 a.m. – 4:00 p.m.**  
**East Age Well Center: 5660 Sioux Dr. 303-413-7290 Mon. – Fri., 8:00 a.m. – 4:30 p.m.**  
 For information about programs and services: [www.boulderolderadultservices.com](http://www.boulderolderadultservices.com).

Special interest groups:  
<https://bouldercolorado.gov/older-adult-services-volunteer-led-special-interest-groups>  
 Weekly newsletter sign-up:  
<https://bouldercolorado.gov/lets-age-well-newsletter>.

**Chair Yoga and Balance – Monday Series:** West Age Well Center, Mondays, August 5 – 26, 10 – 1:45 a.m. Fees: R/NR \$32/\$40.  
 These classes bring together postures and techniques of yoga with the support of a chair.

**Chair Yoga and Balance – Friday Series:** West Age Well Center, Fridays, August 2 – 30, 10 – 10:45 a.m. Fees: R/NR \$40/\$50.

**Community Protection Division Drop-in Office Hours**  
 Meet with a Community Protection Specialist for 15-30 minutes to discuss personal situations and ask questions. West Age Well Center, Monday, August 5, 10:30 a.m. – 12:30p.m.

**Shakespeare Series: Taming of the Shrew**  
 Join this series of six online classes for a closer look at Shakespeare's

"Taming of the Shrew". Online, Wednesdays and Fridays, August 7, 9, 21, 23, 28, 30, 10 - 11 a.m. Fees: R/NR \$70/\$88 per household.

### Strength and Alignment

This class includes a standing or seated cardiovascular warm-up, a relaxing cool-down, and attention to balance. West Age Well Center, August 7 – 28 (4 classes) 10:15 – 11:15 a.m. Fees: R/NR \$32/\$40

### SPARK and Studio Arts Boulder Pottery Class

This pottery program is designed for individuals with neurodegenerative diseases and their caregiver or partner. All materials are supplied. West Age Well Center, Tuesday, August 13, 1 – 2:30 p.m.

### Aging Solo and Communicating Healthcare Wishes

Designed for individuals navigating the journey of aging without a traditional support structure. Gain insights into conversations about healthcare preferences and wishes. Explore identifying a healthcare agent, advanced care planning, building a support network and accessing community resources. West Age Well Center, Wednesday, August 28, 1 – 2:30 p.m.

**Older Adult Massage and Feldenkrais appointments:** Call an Age Well Center for information or to schedule.

## Compounding Pharmacies Help Patients

(StatePoint) Most consumers know how a traditional pharmacy works. Far fewer are aware of an alternative option: a compounding pharmacy.

What is a compounding pharmacy? A compounding pharmacy employs the art and science of creating personalized medications based on a patient's specific requirements, ensuring an individualized approach to healthcare.

"The conventional, mass-produced, one-size-fits-all approach to medication unfortunately does not work for all patients. Compounded medications however can help ensure patients get the therapies they need safely," says Shaun Noorian, CEO and founder of Empower Pharmacy.

Why is this important? Compounded medications are crafted to address individual requirements, such as allergies to certain ingredients, dosage adjustments, or the need for alternative forms of medication (for example, needing a liquid instead of a pill form). In short, compounded medications deliver therapy required for individuals in a form that can optimize their care. These medications can also play a vital role in addressing challenges related to FDA-approved prescription medication shortages.

Compounding pharmacies make up 2% of the current pharmaceuti-

cal market, but that figure is growing as more patients and providers grasp the benefits that compounded medicines provide.

How does this change the role of the pharmacist? Pharmacists have always been an important part of patients' care teams, dispensing medications and offering advice on side effects and dosing. At a compounding pharmacy, that role also includes producing customized prescription drugs for patients, most often from raw ingredients.

Are compounding pharmacies within reach for regular patients? Some compounding pharmacies are working to prioritize access. Empower Pharmacy, for example, provides medications at an affordable cost in an effort to ensure everyone has access to the treatments they need. And because the pharmacy operates online, patients with mobility and transportation issues are able to fill their prescriptions from the comfort of home.

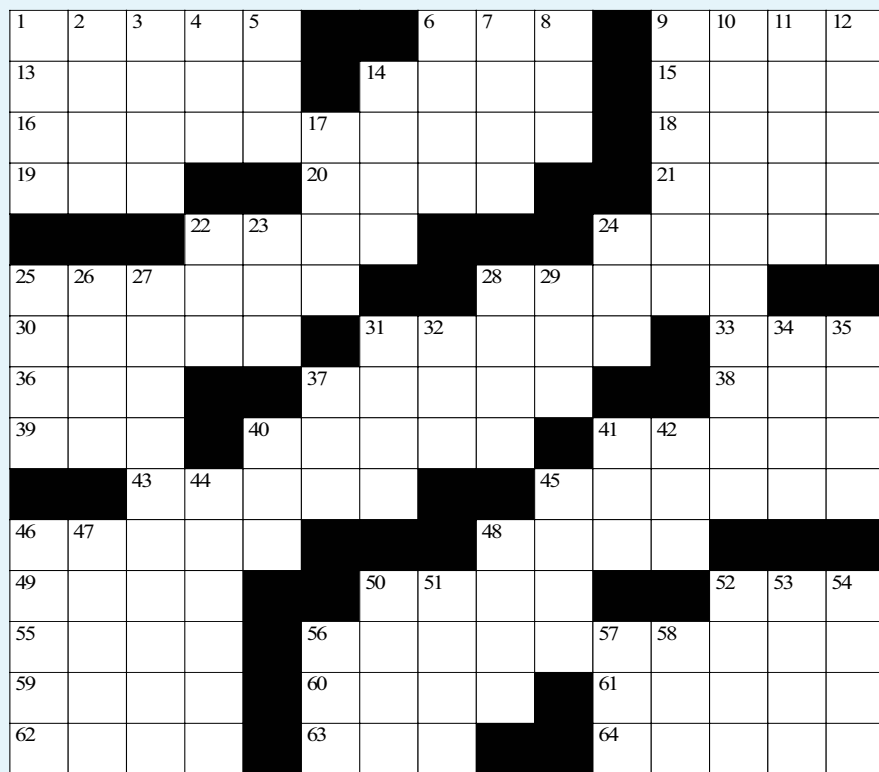
Are there any safety issues to be aware of? Compounded medications are not FDA-approved, making it important for patients to stick to trustworthy pharmacies that use safe compounding practices. Be sure your pharmacy has Pharmacy Compounding Accreditation Board (PCAB) accreditation.

To learn more, visit [empowerpharmacy.com](http://empowerpharmacy.com).

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50 Plus Marketplace News

## Crossword Puzzle



### ACROSS

- 1 Alchemist's mercury
- 6 Spun by spiders
- 9 Goad
- 13 Water wheel
- 14 Admirable
- 15 Inheritor
- 16 Transference
- 18 Capital of Norway
- 19 Help
- 20 Consumes
- 21 Fastens a knot
- 22 Having wings
- 24 Grasps
- 25 Little flap
- 28 Small yeast-raised pancake
- 30 Farewell

- 31 Contradict
- 33 7th letter of the Greek alphabet
- 36 Metal container
- 37 Dish of raw vegetables
- 38 Gist
- 39 Before
- 40 Indian form of address
- 41 Money
- 43 Modify
- 45 Deprived
- 46 Glum
- 48 Seize
- 49 Mountains
- 50 Portico
- 52 Exclamation of surprise
- 55 Doing nothing
- 56 Sequence

- 59 Never
- 60 Lively
- 61 Lying flat
- 62 Formerly
- 63 Vessel built by Noah
- 64 Confronts

### DOWN

- 1 Rectangular pier
- 2 Japanese sandal
- 3 Toward the mouth
- 4 Metallic element
- 5 Possesses
- 6 Skin growth
- 7 Periods of history
- 8 Ten decibels
- 9 Quantum of electromagnetic energy
- 10 Buoyancy
- 11 Greased
- 12 Refuse
- 14 The back of
- 17 Noteworthy achievement
- 22 Monkey
- 23 Monetary unit of Romania
- 24 Hasten
- 25 Ornamental fabric
- 26 6th month of the Jewish calendar
- 27 Tropical fruit
- 28 Reveal indiscreetly
- 29 Cover
- 31 Monetary unit of Thailand
- 32 Biblical high priest
- 34 Sod
- 35 Encourage in wrongdoing
- 37 Plant juice
- 40 Speak
- 41 Meadow
- 42 An urban area
- 44 Barren place
- 45 Small nail
- 46 State in the NE United States
- 47 More mature
- 48 Departed
- 50 Fly
- 51 Inhabitant of Turkey
- 52 Musical instrument
- 53 Clue
- 54 Singles
- 56 Handwoven Scandinavian rug
- 57 Rotational speed
- 58 Metal-bearing mineral



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