

50 Plus Marketplace



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

December 2024 • Volume 30 • Issue 12

Favorite December Events in Boulder

Switch on the Holiday Lights

Location 1300 Block of Pearl Street. Help us kick off the holiday season as we flip the switch that illuminates lights along the Pearl Street Mall, Civic Area and around the Boulder County Courthouse during Switch on the Holidays!

a ride on the 100% Electric Tebo Train aka Snowflake Express for \$3 per person. Children ages 10 and under (along with accompanying adults) will chug along Pearl Street in this one-of-a-kind experience. The Snowflake Express boards in front of Wells Fargo (1242 Pearl St).

appearance by the jolly old man himself - Santa Claus! More information about the Lights of December Parade

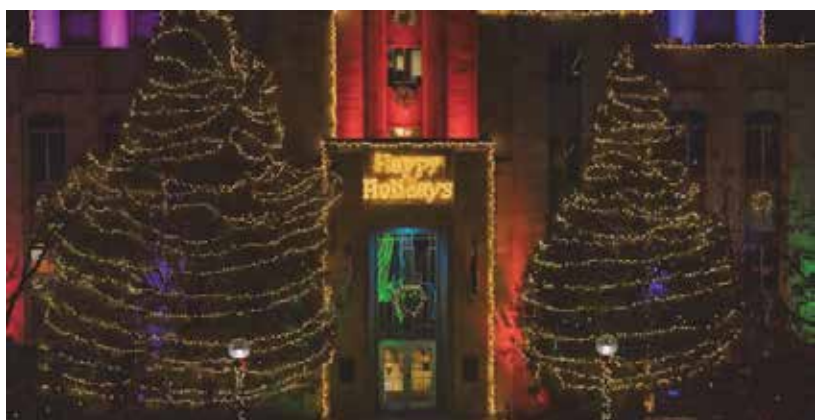
WinterFest at Chautauqua

Dates: Thursday, Dec. 5 through Saturday, Dec. 7 at Colorado Chautauqua. Create unforgettable memories at Winterfest, Chautauqua's annual holiday celebration! Enjoy festive food and drinks, live music, horse-drawn carriage rides, and a variety of family-friendly activities. From exploring the holiday market to crafting ornaments, there's something for everyone.

Chanukah on Pearl

Date: Monday, Dec. 30 at 1300 Block on Pearl Street

This annual outdoor event on the 1300 block of Pearl Street Mall is open to the entire community and has become a holiday ritual for many local families. The festivities begin at 5:30 p.m. and include the Menorah lighting, music, traditional food, hot chocolate and Chanukah favors. This event is co-sponsored by the Boulder Jewish Community Center and the Boulder County Center for Judaism.



St. Nick on the Bricks

Dates: Nov. 30 through Dec. 14 at Downtown Boulder Visitor Information Center. Kids of all ages can visit with Santa outside at the Downtown Boulder Visitor Information Center for free. Bring your list and a camera to capture priceless holiday memories. Take

Lights of December Parade

Date: Saturday, Dec. 7 starts at 6 p.m. at 15th and Walnut streets and heads west to Broadway. Spectators are invited to enjoy floats created and decorated by local businesses, churches, schools, community groups and nonprofits. The grand finale includes an

Freezie Fest

Date: Saturday, Dec. 14 at Pearl Street Mall and beyond. A celebration of winter and all things snowmen! This snowman extravaganza includes free train rides (weather permitting), visits with Santa and Reindeer Games (crafts and other activities) for all.



Wreaths Across America Honors Veterans and First Responders!

The annual ceremony honoring the memory and service of our veterans and first responders is a moving tribute that takes part in the National Wreaths Across America program to "Remember, Honor, Teach." Many participating cemeteries in Northern Colorado and the United States have the annual ceremony displaying the \$17 wreaths at many participating cemeteries. Many volunteers will place the commemorative wreaths on the graves of all veterans and first responders. The wreaths will be placed on the graves in early December and removed in January.

tional Cemetery. Their mission is to "Remember, Honor, Teach." This year, wreaths will be placed at all national cemeteries and at 4,500 local ceremonies across the U.S. to honor our nation's heroes and raise awareness of veterans' sacrifices. Both non-profit organizations, corporations, and individuals are encouraged to be a wreath

sponsor! Many veterans groups, corporations, and non-profit are some of the sponsors in Northern Colorado!

Please visit their website www.wreathscrossamerica.org/ and select the participating cemetery in your area if you would like to be a sponsor or volunteer!



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DECEMBER

Calendar

Tuesday/3

The Boulder Genealogical Society presents a free program on “Women in the Army in World War II” by Annette Burke Lytle at 7 pm on Zoom. Learn about their pioneering wartime service and how to find records for the women in your family who served. Register online at www.boulder-genealogy.org for the Zoom info.

Friday/6 to Sunday/8

CU Boulder Symphony Orchestra presents its annual Holiday Festival at the Macky Auditorium Concert Hall, 1595 Pleasant St. in Boulder. Boulder’s beloved longstanding celebration brings together student choirs, bands, orchestras and world-class faculty performers for a winter concert of both holiday favorites and new delights. Tickets range from \$24 to \$87 per person. Purchase tickets online at cupresents.org or call their box office weekdays 303-492-8008.

Wednesday/11

The Longmont Genealogical Society presents a free program on “Genealogy Resources at the Denver Public Library” by Jaymie Midden-dorf at 1 pm at the 1st Lutheran Church in the Friendship Room, 3rd and Terry Streets in Longmont. She will discuss how to find materials to help your family history research, the extensive genealogy services that DPL provides, and how to use this nationally renowned library. Register online at <https://longmontgenealogicalsociety.org/> for the Zoom info.

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>.

Please check with individual venues for current information.

Calendar sponsored by

Dignity Care
303-444-4040

Kick off the Holidays With a Festive Cookie Recipe Exchange

(StatePoint) When we think about the holidays, a lot of the special moments we remember most fondly from years past involve sharing food with loved ones — from festive cookie exchanges to the scents and smells of family-favorite dishes and desserts, to warm beverages on cold nights.

That’s why McCormick is dishing up these cooking tips for creating special moments:

- Incorporate seasonal herbs, spices and seasonings like sage, pumpkin pie spice, cinnamon and nutmeg into your cooking and baking to provide long-lasting fresh flavors, vibrant colors and appetizing aromas.

- Use ready-to-make dry recipe mixes, such as turkey or brown gravy, to easily create perfectly blended flavors for sauces that elevate your holiday meals.

- Rely on extracts like pure vanilla and peppermint to enhance the flavors and aromas of holiday treats.

This holiday season, the McCormick brand is also going on a virtual quest for the best holiday cookie recipe through the McCormick Cookie Quest contest. If you have a winning cookie recipe, consider joining in the fun. Official Rules and entry instructions can be found by visiting: mccormick.com/cookie-quest-terms-and-conditions. [NO PURCHASE NECESSARY. Starts 11/19/24; ends 12/8/24. Sponsor: McCormick & Company.]

In the spirit of the virtual cookie recipe exchange, McCormick is partnering with famed bakery Milk Bar and its rule-breaking, award-winning founder and CEO, Christina Tosi, to create and share Milk Bar x McCormick Candy Cane Pretzel Bark Cookies. On Dec. 4, which is National Cookie Day, select Milk Bar locations in New York City, Los Angeles and Washington, D.C. will give away these scrumptious cookies to the first 100 customers, while supplies last. The limited-time cookie will also be on sale at select locations starting on National Cookie Day through December 31. And as part of the collaboration, McCormick and Milk Bar are also sharing the recipe, so you can make these delectable cookies at home!

Ingredients:

- 2 sticks (1 cup) unsalted butter, softened
- 3/4 cup granulated sugar
- 1/2 cup light brown sugar
- 1 large egg
- 1 teaspoon McCormick Pure Peppermint Extract
- 1/2 teaspoon McCormick Pure Vanilla Extract
- 2 cups all-purpose flour

- 1 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 2 cups white chocolate chips
- 1/4 cup plus 3 tablespoons McCormick Candy Cane Sugar, divided

- 1 1/2 cups mini pretzels

Directions:

1. Preheat oven to 350 degrees F. Spray two half-sheet pans with no-stick cooking spray or line with parchment or silicone baking mats. Mix butter and sugars in large bowl with heavy spatula for about 2 minutes until well blended. Add egg and extracts, stirring until combined and fluffy, about 1 minute.

2. Mix flour, salt, baking powder and baking soda in medium bowl. Add dry ingredients to butter and sugar mixture, stirring just until combined. Stir in white chocolate chips, 3 tablespoons of the Candy Cane Sugar and mini pretzels, mixing until evenly blended.

3. Place remaining 1/4 cup Can-

dy Cane Sugar in medium bowl. Use a 1/3-cup measuring cup or 2 3/4-ounce cookie scoop to portion dough into balls. Toss dough balls in Candy Cane Sugar to coat and place 2 to 3 inches apart on prepared baking pans.

4. Bake 8 to 10 minutes, until edges are golden brown. Cool completely before serving.

Tip: Can’t get your hands on McCormick Candy Cane Sugar? Increase McCormick Peppermint Extract to 1 1/2 teaspoons, stir in 2 tablespoons of red colored sugar along with the chocolate chips, then use 1/4 cup red colored sugar to roll cookies before baking.

“The holiday season is all about sharing. That’s why we’re so excited to share one of our favorite holiday cookie recipes and encourage creative bakers all around the country to do the same,” says Giovanna DiLegge, vice president of Marketing, North American Consumer at McCormick.



The Critter Hopped Away

The kangaroo was seeking to escape from a bear when it hopped its way from its home in Volusia, FL several weeks ago. Finally, investigators from the Florida Fish and Wildlife Conservation Commission spotted it. “The FWC investigator and the kangaroo’s owner responded to the location, where the kangaroo was successfully captured and returned to its home,” according to the Commis-

sion’s spokesperson Kristen Turner.



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

DEADLINE

10th of the Preceding Month

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

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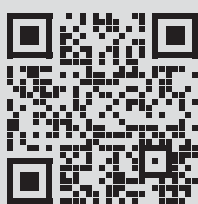
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Origins of Christmas

Christmas or Feast of the Nativity is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. Christmas Day is a public holiday in many of the world's nations is celebrated religiously by a majority of Christians as well as culturally by many non-Christians and forms an integral part of the holiday season centered around it.

Although the month and date of Jesus' birth are unknown, the church in the early fourth century fixed the date as December 25, which has been adopted almost universally throughout the world.

The celebratory customs associated in vari-

ous countries with Christmas have a mix of pre-Christian, Christian, and secular themes and origins. Popular modern customs of the holiday include gift giving; completing an Advent calendar or Advent wreath; Christmas music and caroling; viewing a Nativity play; an exchange of Christmas cards; church services; a special meal; and the display of various Christmas decorations, including

Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly.

In addition, several closely related and often interchangeable figures, known as Santa Claus, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas season and have their own body of traditions and lore. Because gift-giving and many other aspects

of the Christmas festival involve heightened economic activity, the holiday has become a significant event and a key sales period for retailers and businesses. The economic impact of Christmas has grown steadily over the past few centuries in many regions of the world. Article courtesy of Wikipedia.



Now Hear This

Diabetes and Hearing Loss



Dr. D'Anne Rudden

Winter is finally here! As you get all your ducks in a row to celebrate the season and spend time with family, we wanted to remind you to take care of yourself, and your hearing health, too! Believe it or not, cold weather can have an impact on your hearing, so it's important to do what you can to keep your ears safe.

Cold, dry air can lead to earwax buildup, making it harder to hear, while chilly temperatures can reduce blood flow to the ears, increasing the risk of infections. Cold weather can

also affect hearing aid performance. Fortunately, there are a few ways to keep your ears and hearing aids protected during these colder months.

Wear hats or earmuffs to keep your ears covered and insulated—this is especially important for hearing aid users, as the cold can impact battery life and how the device works. In extreme cold, earplugs can also help protect your ears. After showering (or swimming), dry your ears thoroughly by tilting your head and using a towel. Keeping your ears dry is crucial to avoid trapping moisture in the ear canal, which could lead to infection. Finally, listen to your body for any signs of ear infection. If you experience earache, discharge,

or reduced hearing, it may be time to visit an audiologist for a hearing health assessment.

In practice for over 28 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 5+ 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, a non-profit that helps income-qualified people get access to hearing healthcare. To date, they've provided 214 people in Colorado with hearing aids, 48 of those right in Longmont!



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Prepare Your Home for Any Kind of Storm With These Essentials

(StatePoint) Natural disasters like hurricanes, tornadoes, floods and wildfires are happening more frequently each year. They're also becoming more unpredictable, with many disasters taking place outside of the traditional storm season.

Despite the fact that an overwhelming majority of Americans—86%—are concerned that natural disasters will increase in the coming years, many households are not taking steps to prepare. According to a FEMA survey, only 51% of Americans believe they are prepared for a disaster, and only 48% of households report assembling or updating their disaster supplies.

With its long history of supporting communities impacted by disasters through its PowerForward program, Duracell has been bringing personal power to those who need it most since 2011. Over 15 million batteries through more than 61 deployments have been distributed to affected families to

operate storm essentials like flashlights, medical devices, headlamps and more.

With this disaster expertise in mind, Duracell is reminding everyone to prepare their homes for any kind of storm by adding Duracell Batteries with Power Boost ingredients to their emergency supply kits. Being prepared with batteries you can count on when it matters most not only gives you peace of mind, but protection for your loved ones and the community around you. With a guarantee of 12 years in storage, you can rest assured they'll be ready when you need them.

To stock your emergency preparedness kit with batteries, visit www.walmart.com, then head to <https://www.fema.gov> for a full checklist of disaster supplies.

A storm could happen anywhere, at any time, so get ready before Mother Nature strikes by ensuring you're able to keep crucial devices powered in a storm.

Monkeys Escape Lab

The town of Yemassee, SC, with its population of slightly more than 1,000 residents, has quite a population of monkeys—some 3,500 rhesus monkeys housed at the Alpha Genesis research facility. And so, it created quite a stir when 43 of the chimps escaped and the Yemassee Police Department issued a warning “strongly”

advising residents “to keep doors and windows secured to prevent these animals from entering homes.” CBS News reported that someone “failed to secure a door at the enclosure, allowing the monkeys to roam free.” Authorities have been successful in slowly recovering the monkeys.

Technology is Hip!

Lost Pet Trackers

From a recent TV Henry Ford Innovation program, I discovered another GPS tracker for lost pets. The reason for pet trackers is to prevent your pet from getting lost or the security of finding your pet if it is lost! If you walk or hike with your dog and it runs off chasing a rabbit or other animal, sometimes finding your pet can be challenging, especially in wooded areas. For cats, it's even more challenging as they like to hide in bushes or under home or porch structures.



Bob Larson

Most pet trackers work through a combination of Wi-Fi, Bluetooth, cellular, and satellite signals. But even with all these signal options, the best GPS pet trackers are still not perfect and might not work in all instances.

There are a half dozen or more reliable pet trackers that are GPS based and vary in costs from \$30

to \$200 on amazon.

Another product from Australia is the AirBolt GPS tracker. What is unique about the AirBolt GPS pet tracker is it works with a combination of Bluetooth or cellular signals, thus giving a longer distance range in case your pet goes beyond the normal Bluetooth range of 100 feet. Other great features are the rechargeable battery lasts up to one year, it's waterproof, is small at 1.5 inches diameter, and fits on most collars. AirBolt can be used on your luggage or other items such as backpacks or bicycles too! Buy it on their website at theairbolt.com for \$150.

Bluetooth is free to use on your smartphone, but you need a cellular plan to use their radio signals for the longer range. The average cellular plan for a tracker costs about \$99 per year.

Although your pet may prefer a toy gift, this might be a great Christmas gift for your pet! Bob Larson is a technologist and Marketing Director for 50 Plus!

Health Matters

Tips To Reduce Your Fall Risk



Koby Caplan, MD

As we age, our sense of balance decreases. This is because the body's systems that detect balance and stability become less effective and dependable, putting us at risk for falls.

Three of body's systems control balance: visual system, somatosensory (sensation) system, and vestibular (inner ear) system. These systems take in stimuli from the outside world and sends them to the brain for integration. Once integrated and understood by the brain, they are then sent through the nerves to the muscles for a proper response.

Certain things can impact these balance systems, including:

- Medication side effects. Let others know when you've started a new medication. They might notice something in your balance that you may not notice.

- Double vision, blurry vision and light sensitivity. It's important to be sure your vision is up to speed, as you need it to help you stay upright and avoid

falls.

- Benign paroxysmal positional vertigo (BPPV), a problem in the inner ear. It can feel like you or your surroundings are moving or spinning, even when they are not. Exercises can help you manage BPPV or seek out vestibular rehabilitation therapy.

- Low blood pressure. With aging, our arteries become stiffer. This causes low blood pressure and makes it more difficult to move blood to the brain. If you are also dehydrated, it compounds this issue, making it even harder for blood to get to the brain.

Also, avoid the following tripping hazards:

- Unstable ground
- Small rugs
- Low tables
- Uncontrolled pets
- Roller chairs
- Ice, snow

Reduce your fall risk with slip-resistant carpeting and grab bars in the shower or near the toilet.

Dr. Caplan sees patients at Geriatric Medicine of BCH.



Ageism Matters

Responding To Ageist Comments



Kris & Sara

It's the time of year when many of us connect with loved ones. It can also be the one time of the year when multiple generations come together.

While this can be a rewarding and lovely experience, it can also cause tension. Maybe it has been a while since you connected. Life circumstances have changed - health, jobs, relationships - and there is re-connecting to do.

In the midst of all this, it isn't hard for our biases and stereotypes to show up. We make assumptions, and we may be at the receiving end of these characterizations.

In anticipation, older children and young adults are steeling themselves for the inevitable unsolicited advice from older relatives. Older adults are getting ready for someone something about how you wouldn't know how to use (name your technology) and then just leaving you out of the conversation.

This holiday, let's try something new.

Don't make assumptions about what people know or can do based on their age. Ask them a question

instead. Find a way to include them in ways that respect their experience.

Listen more and be curious. We don't all share the same experiences and opinions, but when we listen, we can better understand each other - and may find that we share more than we thought.

Be ready with a response to ageism. Check out the Speak Up tools on our Resources webpage for ideas. Here's one to start: If someone says something ageist, ask them what they mean? Sometimes just trying to explain yourself helps you see where you slipped up.

Let's make an effort this holiday season to change our narrative about aging. It could be the start to a whole new attitude in the new year.

Changing the Narrative, www.ChangingtheNarrativeCO.org, is a national initiative to change the way we think, talk and act about aging and ageism.



Christmas Quotes

'Miracle on 34th Street'

Christmas isn't just a day, it's a frame of mind.

A Christmas Carol'

I will honor Christmas in my heart, and try to keep it all the year.

Bob Hope

When we recall Christmas past, we usually find that the simplest things — not the great occasions — give off the greatest glow of happiness.

Johnny Carson

Mail your packages early so the post office can lose them in time for Christmas.

Phyllis Diller

What I don't like about office Christmas parties is looking for a job the next day.

Andy Rooney

One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don't clean it up too quickly.

Charles M. Schulz

Christmas is doing a little something extra for someone.

Norman Vincent Peale
Christmas waves a magic wand over the world, and behold, everything is softer and more beautiful.

Johnny Mathis
My mom and dad always tried to make Christmas special for us. We were poor, but it's funny because we had no idea

Dale Evans: Christmas, my child, is love in action.

Shirley Temple
I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph.



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Reflections Carding The Year



Martha Coffin Evans

I decided to live through 2024 differently this year. I've carded friends and family members throughout these 365 days. Initially, these cards contained messages of thanks and appreciation. As the year has unfolded, some messages have been get well ones. "This is just what the doctor ordered," said one recipient.

With a start from my previous stash of postcards, I thought finding additional ones would be easy. Not so fast. Have you tried to buy postcards when you travel? In some states and places, it became more difficult as I learned.

Some grocery stores carry postcards while many service stations sell few if any. In Texas, a friend located a supply of cards in the back recesses of a truck stop.

Others bought postcards during their travels to keep my supply going. One found a box of 63 illustrated Protect our National Parks postcards. Another secured 52 postcards about England from a German calendar on an ebay equivalent source.

The enjoyment in sending these cards has filled my year too. From being unexpected and a treat to receive, I've had emails and verbal comments about their mean-

ing from many recipients. On occasion, I've received postcards from recipients.

A number acknowledged what a treat it was to receive something in the mail. From "you made me smile" to "this made my day" these

postcards added a nice touch and meant others were remembered. I'm pleased at the enjoyment, and surprise, this has brought to so many.

While I thought I'd finish this year with no cards left, that's not so. I have at least 200 to keep me going again. It looks like my fun activity will live well into next year!

I'd better get more stamps. Who knows if my postcard supply will continue to grow?!

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



MAJOR MEDICARE PROGRAM CHANGES

Starting Jan. 1, 2025

**Caused by the Inflation Reduction Act
EVERYBODY**

Needs to review how what they have now is going to change.

We are holding 6 group, information only presentations.

Call to reserve your spot now.

Oct. 1 2pm and 6:30 pm

Oct. 8 2pm and 6:30 pm

Oct. 15 2pm and 6:30 pm



Ron



Brie

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Mental Health Gifts and Giving



Kirsten Carlson

What are you going to give this year? At the end of the year many people are met with pressure to spend money on gifts. When you further examine your drive to buy – or alternatively, how you dread buying gifts – you can learn more about who you are and what is important to you.

This December, notice how this pressure to give affects you and what the feeling is rooted in for you. Gary Chapman identifies five love languages: Acts of Service, Gifts, Quality Time, Words of Affirmation, and Physical Touch. Each person receives and shares love differently. You can choose to give through community service, material presents, monetary donations, or by helping someone in need.

As you consider your gift list this

holiday season, pause to consider your motivation for giving; it will reveal who and what is important to you. Gifts should link to your values. You might find that the experience comes from love and joy, but it also might be rooted in a sense of duty and obligation. The holiday season is not the only time of year to pay attention to how you give. When you live in line with your values, you will improve your own well-being as well as the well-being of others.

Kirsten Carlson is a Licensed Professional Counselor at Clinica Family Health & Wellness who specializes in working with adults over 40 years of age. Kirsten is passionate about people having access to quality mental health care in the community where they live.

Celebration Marks Exciting Chapter

A successful Grand Reopening of the Katherine and Charles Hover Green House - Tudor Home was recently hosted by Hover Senior Living Community and Hover Skilled Nursing.

The reopening features a commitment to providing an innovative, real home experience for residents which provides them

empowerment to live a very meaningful life. Their environment is truly personalized. The available tours proved that!

For additional information about this exciting chapter, please call 303-772-9292 or Lisa Bryant, Campus Engagement Director of Development at 720-487-7766.

Colorado Gerontological Society

The Holidays Provide a Time for Giving and Sharing



Eileen Doherty

It is a common tradition in the United States for individuals and families to gather together at the holidays. The holidays are a time when we decorate our homes, when we find time to spend together to enjoy each other's company, and often to share gifts.

Sharing creates an emotional bond between individuals. Sharing often strengthens relationships, promotes empathy and allows us to better understand our own emotions. Sharing as a volunteer or donor creates a sense of connectedness. Sharing helps us feel less alone.

Each year the Colorado Gerontological Society offers volunteer opportunities to share friendship and help those who are in need of services. The Society will be delivering 350 holiday baskets in the Metro Denver area on December 14, 2024 from 10:00 am to 12:00 pm. If you are looking for a mean-

ingful opportunity, consider signing up and volunteering to share some time.

Can't deliver baskets, maybe you want to become a telephone buddy and call someone weekly to make them feel less alone.

The Society is participating in Giving Tuesday on December 3 and Colorado Gives Day on December 10. The Society depends on generous donors to support the services we provide including: information, counseling, help with filing for benefits, referrals to partner agencies for services, a telephone buddy to call, or a counselor to provide emotional and mental health support.

Whether you want to be a donor or are looking to volunteer to deliver a basket, be a telephone buddy, or just help out with everyday work that is often very rewarding, please contact us.

Calling 303-333-3482 or visiting our website at www.senioranswers.org to get involved and share with others.

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

Genealogy Rocks!



Carol Darrow

I caught myself explaining that "back in the olden days of 1999," genealogy research was very limited. I wanted to share the trials and tribulations associated with researching in a relatively new online area of research. You may have heard that we actually sent a letter through the postal system to request a copy of a marriage record. We even had to enclose a personal check to pay for the document.

Ancestry.com came online in April 1996. I signed up in 1998 and thought I was pretty progressive. Of course, the offerings were limited. It took several years for the massive load of original records to become available. In the meantime, we relied on bulletin boards that posted random family surname information. We also had the USGenWeb that offered information by state and county. It relied on volunteers who posted lists of cemeteries and marriage records. Ancestry added new records every month and we waited to celebrate the posting of our long-awaited record group.

Flash forward to the present. We have an embarrassment of riches. Social security applications and claims information, German church records, Mexico censuses for 1930, wills and probate records going back before the Revolutionary War. There are hundreds of records that you may not even know are available either free at the public library or with an at-home subscription. Maybe you are just starting out and have no idea how these records could help you. Here are a couple of suggestions. Look for records that report the event as it happened, when it happened. Then use some sort of citation method to remind yourself where you found that information. Over the years I have learned that there is always more to learn.

Carol Cooke Darrow teaches free online Beginning Genealogy classes on the second Saturday of each month. Register at cogensoc.us to receive the zoom link.

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Ron Stern's Travel Series Iron Mountain Hot Springs, Glenwood Springs

Iron Mountain Hot Springs, is arguably one of the most beautiful in the world. Situated right alongside the Colorado River, guests have stunning views of the nearby red-hued mountains. Sixteen geothermal soaking pools are set on a terraced hillside among



rock formations, colorful flowers, trees, and water features. Relaxing acoustic guitar music creates a tranquil ambiance that will help refresh your spirit.

The healing power of mineral waters has been known for thousands of years. You can choose from pools of various sizes that range in temperature from 98F to 108F degrees. Fourteen minerals, each with known medicinal qualities, are dissolved in the water including boron, calcium, iron, lithium, sulfate, and zinc.

The newly expanded World-Springs represent a beautiful new addition to the property. This adults-only (ages 21 and older) section features 10 Experience Pools, a cold plunge pool, two freshwater pools and even a waterfall.

Each of these is designed to re-create the mineral content from

famous hot springs from around the world. The owners have chosen the best healing properties from Iceland, Japan, Italy, Turkey, Romania, and New Zealand, to name a few. They have also thoughtfully lined the bottoms with pebbles, creating a foot massage effect for your feet.

The Sandbar Café serves healthy food options like quinoa salads and made-to-order flatbreads. Beverage choices include juice, sparkling water, and fountain drinks. They also provide a complete line of cocktails as well as beer and wine selections.

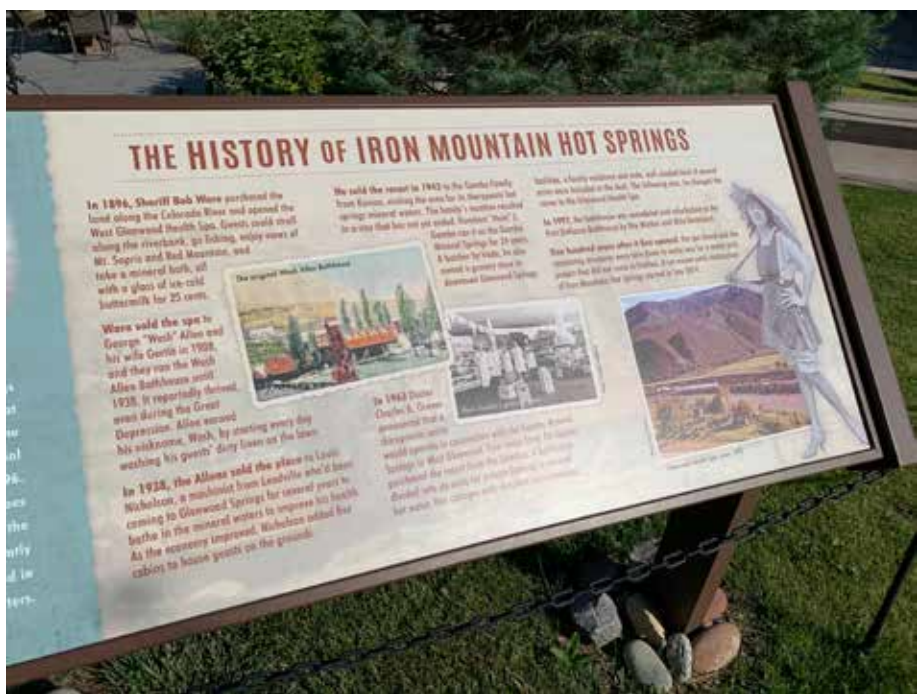
Online reservations are recommended and each guest is provided a locker and two free towels for use while there. There is an additional charge for use of the World-Springs pools.

With natural beauty, tranquility and a host of amenities, Iron Mountain Hot Springs should



be on your list of family-friendly destinations. Easy to get to, it is a short 2.5-hour drive from Denver.

This was a sponsored visit, however, all opinions were honestly assessed.



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To learn more about Upload Documents, visit our FAQ webpage at faq.ssa.gov/en-US/Topic/?id=CAT-01360.

Online Forms and Signature Removal

In addition to the eSignature/Upload Documents option, we are converting many of our frequently used forms to more convenient online versions. Customers will have the option to complete a user-friendly, fillable online form, then electronically sign and submit it.

Some of our frequently used forms now available to sign and submit electronically include:

- SSA-827, Authorization to Disclose Information to Social Security Administration.
- SSA-820/821, Work Activity Reports.
- SSA-632, Request for a Waiver of Overpayment Recovery.
- SSA-634, Request for Change in Overpayment Recovery Rate.

We have removed the signature requirement for 12 of our most used forms. These forms include:

- SSA-L4201, Employer Requesting Wage Information.
- SSA-789, Request for Reconsideration/Disability Cessation Right to Appear.
- SSA-787, Statement of Patient's Capability to Manage Benefits.

To learn more about the removal of signature requirements from certain Social Security forms, check out our YouTube video Signature Removal from SSA Forms at www.youtube.com/watch?v=vmben-skPo4&t=2s.

Whether you do business with us online, by phone, or in person, we're committed to making it easier for you. We continue to explore more opportunities to make doing business with us easier. Please share this information with others.

Monkeys Escape Lab

The town of Yemassee, SC, with its population of slightly more than 1,000 residents, has quite a population of monkeys—some 3,500 rhesus monkeys housed at the Alpha Genesis research facility. And so, it created quite

a stir when 43 of the chimps escaped and the Yemassee Police Department issued a warning “strongly” advising residents “to keep doors and windows secured to prevent these animals from entering homes.”



CBS News reported that someone “failed to secure a door at the enclosure, allowing the monkeys to roam free.” Authorities have been successful in slowly recovering the monkeys.

Pets Are Family

Watch out for Holiday Hazards

Celebrating the holidays typically means extra decorations and “stuff” around the house, which can potentially present unexpected dangers to our pets. A decorated tree is one of the season's highlights, but can be a hazard of falling over for cats who want to climb it, or for dogs who may want to chew on the branches. Stabilize your tree with a sturdy stand or secure it to the wall to prevent tipping. And that's just the tree itself! Shiny, dangling ornaments and tinsel can lead to a choking hazard, and the holiday lights can cause injury if chewed on. Recommended remedies to these hazards include: using shatter-proof ornaments, cover electrical cords with a cord protector, apply bitter spray (pet recommended) to deter chewing on certain items, and avoid shiny objects if necessary.



Judy Calhoun

tree, curious pets may be tempted to chew on wrapping paper, bows, ribbons, string, etc. Ensure these items are not a hazard to your pet both before and after the gift is unwrapped.

Lastly, keep your pets safe from holiday plants and open flames. Many holiday plants – such as poinsettias, mistletoe, holly, and lilies – are toxic to pets and need to be out of their reach. And for those who enjoy lighting many candles (or even a couple) during the holidays, remember to keep them in safe spaces where they cannot be easily knocked over.

With a bit of preparation and vigilance, you and your furry friends can enjoy a festive, safe, and stress-free December together! Have a wonderful time snuggling up and enjoying the festivities with your beloved pets. Learn more at nocohumane.org.



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Now Coloradans can add their Driver License and State ID to Samsung Wallet

The Colorado Division of Motor Vehicles (DMV) announced in November that Coloradans can add their Driver License or ID to Samsung Wallet. This feature provides a fast, safe, and convenient digital version of the state-issued driver license or ID card.

With the option to add their driver license or state identification (ID) card to Samsung Wallet, Coloradans can then quickly and securely present it by tapping their phone or showing a QR code at select Transportation Security Administration (TSA) security checkpoints, including those within Denver International Airport (DEN).

“Colorado is at the forefront of digital innovation aimed at improving customer service,” Executive Director Heidi Humphreys said. “We are committed to helping Coloradans save time with greater convenience and security. Our goal is to ensure that all residents in the state can easily enjoy these essential elements of daily life.”

Colorado is one of the pioneering states to roll out identification cards that can be stored in digital wallets. This feature is exclusively accessible to individuals with valid Colorado-issued driver licenses or

IDs. However, residents of Colorado must still have their physical driver license or ID card on hand.

At this time, Samsung Wallet is only accepted at select airport TSA security checkpoints nationwide, including at DEN.

When Colorado ID is added to Samsung Wallet, Coloradans have the option to open Samsung Wallet and either tap or scan the QR Code to verify their identity using a TSA digital identity reader at select TSA security checkpoints. Afterward, the device will prompt users with the specific information requested by the TSA. Additionally, the TSA reader takes a photo to complete the verification process.

All information is shared digitally, so users do not need to show or hand over their device to present their ID. Adding a Colorado ID to Samsung Wallet keeps Coloradoans' IDs safe, with an extra layer of security built into their phones.

*Help us
Help the 50+
Community*

Help Donate to Your Favorite Charities with Colorado Gives Day!

Colorado Gives Foundation is a community foundation with a mission to make good things happen by connecting people, ideas, and nonprofits. Statewide, we created ColoradoGives.org, a year-round giving platform that makes it easy for individuals and businesses to support nonprofits, and for nonprofits to raise the funds they need to grow their impact.

Last year, \$69 million was raised by over 124 thousand donors to 4,000 non-profit organizations! By using their website, donors can give to their favorite charities. Many charities have their own webpage on this beneficial website for donors to participate!

Every nonprofit on ColoradoGives.org is a 501(c)(3) organization dedicated to serving Colorado. Every donation made and processed during Colorado Gives Day (Nov. 1 – Dec. 10) is boosted by one of the largest Incentive Funds in the country. All nonprofits receive a percentage of the fund equal to the percentage they raise for Colorado Gives Day. Raise 10%, get 10% of the Incentive Fund. Ready to join us? Fund-raise year-round for free, simplify the donation process, access educational resources, create custom

giving pages, and participate in Colorado Gives Day every year. The more you give to your favorite charity, your charity could receive an extra incentive donation!

Become a new monthly donor, and they will match your first gift up to \$100. Starting November 1, if donors set up a new recurring monthly donation on ColoradoGives.org, Colorado Gives Foundation will match your first month's gift, dollar for dollar, up to \$100 with a total match in a pool of \$250,000 across all organizations!

Since launching Colorado Gives Day in 2010, Coloradans have donated \$469 million for thousands of nonprofits statewide. Held each December, it's become Colorado's biggest giving movement, bringing communities together to support nonprofits.

This Colorado Gives Day, you can help make good things happen by donating to your favorite charities. One gift at a time!



The Critter Hopped Away

The kangaroo was seeking to escape from a bear when it hopped its way from its home in Volusia, FL several weeks ago. Finally, investigators from the Florida Fish and Wildlife Conservation Commission spotted it. “The FWC investigator and the kangaroo's owner responded to the location, where the kangaroo was successfully captured and returned to its home,” according to the Commission's spokesperson Kristen Turn-



The Ruby Slippers

The so-called movie buff thief who stole Judy Garland's “Wizard of Oz” slippers 20 years ago apparently believed that the shoes were bejeweled with real rubies, according to the Associated Press. In 2005 the thief shattered the display case in the Judy Garland Museum in Grand Rapids, Minnesota and stole the iconic footwear. The shoes were recovered in a sting operation after a man approached the shoes' insurer and said he could help get them back. The slippers are now up for bidding by Heritage Auctions in Dallas, TX they expect to select a buyer by December 7.



Poetry Rising

Have you ever heard of a Blue Christmas? It is not intended to make people sad. It is intended to gather up those who are missing a loved one, or dealing with difficult news, or who might be sad because they are alone this year for the first time. Celebrating Blue Christmas brings peace to heart and a connection with one another. It is also solstice time--inviting us to celebrate the brighter days ahead.

Music has a way of doing this. We connect with all the hymns we remember, and the great seasonal music such as Handel's Messiah. Even if we can't be physically together, the familiar melodies connect us. In our community, we are blessed to have a pianist who always brings us moments of peaceful connection with each other and with our holiday memories. May music bring us together in all our traditions of these Holy Days.

A PIANO PEACE

Your music
seeps into the corners
of this welcoming heart
and I wonder how
you make this happen.

Just as yesterday
I asked about the sadness
that seems to slide down the chimney
making us long for days gone by.

Then come the melodies
gently bringing us together
with their familiar refrains.

If there is such a thing as heaven,
we are privileged to touch its hem
so fleetingly.

Play on, play on,
wash away the sorrow.
Welcome to the peace
that only music brings.

(c) Barbara Wood Gray
<https://www.youtube.com/@SharingTheSong/videos>
BarbaraWoodGray@gmail.com

Cozy Up With Nourishing, Soup-Centered Meals

(StatePoint) As the days grow cooler, nothing comforts quite like a warm bowl of soup. Welcome the crisp air by making wholesome, hearty soups the star of your meals. Ideal for family dinners, quiet nights in, or meal prep for busy weeks, soups are versatile and satisfying, offering a variety of flavors and textures that the whole family will love.

While soup has always been a cool-weather favorite, incorporating it into baked dishes can bring a new twist to classic recipes. By adding seasonal ingredients, protein and hearty grains, you can create balanced, warming meals that feel both familiar and fresh.

Soups not only provide comfort, but they also pack a nutritious punch. Filled with vegetables, legumes and whole grains, they're a great way to create nourishing dishes that warm both the body and soul. Amy's Kitchen, known for its high-quality, organic meals and snacks, cooks its soups from scratch—using slow-simmered broths, fresh vegetables and plant-based proteins.

This soup season, Amy's is introducing five new soups that can transform any meal into a nutrient-rich delight. Whether you're savoring a Sunday supper with their Pasta Fagioli, warming up with Vegetable Jambalaya, Dal Makhani, or Gumbo Soup, or whipping up a pot of 3 Bean Vegetable Chili for a football watch

party or tailgate, Amy's soups provide flavorful, wholesome solutions for every occasion.

Want to elevate your soup game? Try incorporating classic soups into new recipes! Host a cozy soup night or brunch gathering with friends, where everyone brings their favorite twist on traditional soups. Need some inspiration? Here's a crowd-pleasing recipe to try that pairs cheesy cornbread with flavorful chili:

Chili Topped Cheesy Cornbread

Ingredients:

- 2 corn on the cobs
- 1 cup self-rising flour
- 1/2 tsp baking powder
- 1/2 tsp cayenne pepper
- 3/4 cup natural yogurt
- 4.6 fluid ounces olive oil
- 1 cup instant polenta
- 2 tablespoons maple syrup
- 1 tablespoon cider vinegar
- 1 bunch green onions, finely sliced
- 3 ounces feta, crumbled
- 1/2 can Amy's Organic 3 Bean Vegetable Chili
- 1 1/2 ounce mature cheddar, grated
- 1 teaspoon nigella seeds

Directions:

1. Place a large frying pan over high heat and char the whole corn on all sides for 10 minutes, turning regularly until slightly blackened. Remove to a board and cut off all

the kernels into a bowl.

2. Preheat the oven to 325 degrees F. Grease and line a 10-inch ovenproof skillet pan.

3. Tip the flour, baking powder, cayenne pepper and 1 teaspoon salt into a bowl and whisk together.

4. In another bowl, mix together the yogurt, oil, polenta, maple syrup and vinegar; whisk until combined.

5. Pour the wet mix into the dry ingredients and fold to combine. Add the green onions, feta and charred corn and stir again.

6. Pour the cornbread mix into

the prepared skillet. Add small spoonfuls of Amy's Organic Spicy Chili on top. Top with grated cheddar and nigella seeds. Bake in the oven for 40-45 minutes until risen and a skewer comes out clean.

7. Enjoy while warm or serve at room temperature. Best eaten that day.

Pro tip: Serve alongside smashed avocado or fresh tomato salsa. Slice the cornbread up, pop into the freezer and when you fancy a slice, simply defrost and reheat in the toaster.



7 Reasons Your Feet and Ankles May Be Hurting

(StatePoint) Medical experts are reminding everyone that foot and ankle pain is not normal and should be addressed.

"Your feet shouldn't hurt," says Matthew C. Dairman, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). "Foot and ankle surgeons are specially trained to diagnose and treat all conditions affecting the foot and ankle, from the simple to the complex. And we can help you with any pain you may be experiencing."

ACFAS has compiled a handy list some of the more common reasons for foot and ankle pain, as well as suggestions for what you can do to feel better:

1. Shoes: From high heels to flip flops, some popular shoe styles can create painful foot and ankle issues. Choose shoes that cushion and support the foot to prevent pain as well as to provide stability, helping you avoid falls and acute injury. And be sure that your shoes fit correctly. Footwear that's

too large can rub the skin, causing blisters and sores, while a snug fit can aggravate bunions and hammertoes.

2. Overuse: Physical activities like playing a sport, working out at the gym or even exercising at home can lead to overuse injuries such as Achilles tendonitis, plantar fasciitis, bursitis, Morton's neuroma and stress fractures. You can help prevent overuse injuries with the right footwear and by ramping up training slowly. If you experience pain, take time off to rest until you see your foot and ankle surgeon for proper diagnosis and treatment. It's the best way to get healthy and get back into the game.

3. Acute injury: Ankle sprains, broken toes, metatarsal fractures and other acute injuries can happen to anyone, but athletes who participate in high-impact sports, like running, soccer and basketball, and those with low bone density are particularly susceptible. These conditions should be treated immediately.

4. Arthritis: Because the foot

contains 26 bones and more than 30 joints, it's a common site of osteoarthritis, a painful and disabling condition characterized by the breakdown and eventual loss of cartilage in joints. A foot and ankle surgeon may prescribe nonsurgical treatments such as NSAIDs, orthotics, bracing, steroid injections or physical therapy. When osteoarthritis has progressed substantially or failed to improve with nonsurgical treatment, surgery may be recommended.

5. Pregnancy: Prenatal foot pain is common due to increased weight, foot instability and changes in foot size. Wear wider shoes, if needed, to avoid ingrown toenails and to alleviate pain caused by pregnancy-related swelling. Putting your feet up whenever possible, stretching and wearing wide, comfortable, supportive shoes can also ease edema-related discomfort and pregnancy-related arch pain.

6. Diabetes: There are many diabetes complications associated with feet, including neuropathy, which can involve numbness and

pain, muscle weakness and loss of balance, or dry feet and cracked skin. Diabetic neuropathy is a serious condition that also is associated with ulcers, which can easily become infected. Treating diabetic neuropathy involves controlling blood sugar levels, inspecting feet daily, and integrating your foot and ankle surgeon into your diabetes care team.

7. Pediatric foot pain: Pain in a child's foot or ankle is never normal and there is no such thing as "growing pains." Your child's pain could be caused by common pediatric conditions such as flatfeet, ingrown toenails, plantar warts and sports injuries. A child experiencing pain that lasts more than a few days or is severe should be examined by a foot and ankle surgeon.

For more information or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

Colorado Shakespeare Festival 2025 season

The Colorado Shakespeare Festival (CSF) has announced its lineup for the 2025 season, running June 7 through Aug. 10. The season features two plays by William Shakespeare about power, betrayal and forgiveness – “The Tempest” and “Richard II,” as well as two original performances of Christopher Marlowe’s “Doctor Faustus.” The 2025 CSF season will again feature “double-header Sundays,” when patrons can see two different shows in the same theater on the same day.

Extensive renovations of the Hellem Building, which encloses the Mary Rippon Outdoor Theatre, will continue until late 2025. During this time, CSF will present its productions in the newly refurbished Roe Green Theatre. CSF anticipates returning to the Mary Rippon Theatre in 2026 for a full season celebrating the venue’s stunning transformation.

Founded in 1958, the Colorado Shakespeare Festival celebrates the works of William Shakespeare and other classic playwrights through world-class performances. Set against the backdrop of Boulder, Colorado, the festival attracts thousands of attendees each year, making it one of the premier destinations for Shakespeare enthusiasts worldwide.

The 2025 season begins Saturday, June 7, and runs through Sunday, Aug. 10. Season tickets are available starting today at col-

oradoshakes.org, over the phone at 303-492-8008 and weekdays from 10 a.m. to 5 p.m. at the CU Presents Box Office. Single tickets will be available beginning Dec. 2. Ticket availability will be limited due to the smaller theater capacity.

Visit the Colorado Shakespeare Festival’s website or contact the box office for ticket information. To secure media tickets or arrange interviews, email cunews@colorado.edu.

Colorado Shakespeare Festival 2025 season:

“The Tempest”—June 7–Aug. 10, Roe Green Theatre

- By William Shakespeare; directed by Kevin Rich

- Read more about “The Tempest” at <https://cupresents.org/performance/3178/shakespeare/the-tempest/>

“Richard II”—July 5–Aug. 10, Roe Green Theatre

- By William Shakespeare; directed by Tim Orr

- Read more about “Richard II” at <https://cupresents.org/performance/3177/shakespeare/richard-ii/>

“Doctor Faustus”—July 27 at 1:30 and 7 p.m., Roe Green Theatre

- By Christopher Marlowe; actor-managed by Shunté Lofton

- Read more about “Doctor Faustus” at <https://cupresents.org/performance/3179/shakespeare/doctor-faustus/>

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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>.

Mindfulness Meditation

The session will include a guided meditation with emphasis on bringing purposeful and kind attention to the experience, followed by time for reflections and questions about the practice. West Age Well Center, Wednesday, December 4, 1-2 p.m.

Compassionate Choices at the End of Life: Voluntary Stopping of Eating and Drinking (VSED)

Join this educational program to learn more about VSED. The program begins with a 30-minute film titled "Dying Wish: A Doctor's Decision to Stop Eating and Drinking". Participants will leave with information and resources including websites and book titles for further information. East Age Well Center, Thursday, December 5, 2:30 – 4 p.m.

AARP Driver Safety Course
 Participants will learn the current rules of the road, defensive driving techniques, and how to operate their vehicles more safely in today's increasingly challenging driving environment. Registration is required and space is limited. Register now by calling 303-413-7290. Fee of \$20 for AARP members and \$25 for non-members is paid directly to the instructor the day of the class. Cash or check only. No credit cards. East Age Well Center, Thursday, December 12, 8:15 – 12:30 p.m.

Groundworks Art Lab Printmaking Class

Explore the art of printmaking in this introductory class. Each monthly session will feature a different print project, such as printing on paper, creating cards, or printing on fabric. West Age Well Center, Friday, December 20, 11 a.m. – 12:30 p.m.



Doctors' Tips For Foot Care

(StatePoint) Among older Americans, falls are the number one cause of injuries and death from injury, according to the Centers for Disease Control and Prevention. Medical experts say that for people of all ages, a ground-up approach to fall prevention starts with healthy feet.

"Painful foot conditions, such as osteoarthritis, calluses, bunions, hammertoes and diabetes complications, can make it difficult to maintain balance and coordination when walking or standing," says Bryn J. Laubacher, DPM, FACFAS, a board-certified foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgery (ACFAS). "Compounding the issue is that when you are suffering from a painful foot condition, it can be more difficult to engage in the strength and balance exercises that ultimately reduce fall risk."

Experts say that eliminating foot pain can lessen one's chances of experiencing a life-altering fall. That's why the foot and ankle surgeons of ACFAS offer these steps for keeping feet and ankles strong and healthy:

Don't ignore pain: You likely have a treatable condition. See a foot and ankle surgeon when you experience pain for proper diagnosis and treatment.

Examine your feet: If you notice any bumps, lumps or other changes, make an appointment with your foot and ankle surgeon for evaluation.

Exercise: Simple stretching exercises can help you maintain strength and mobility in your feet and ankles.

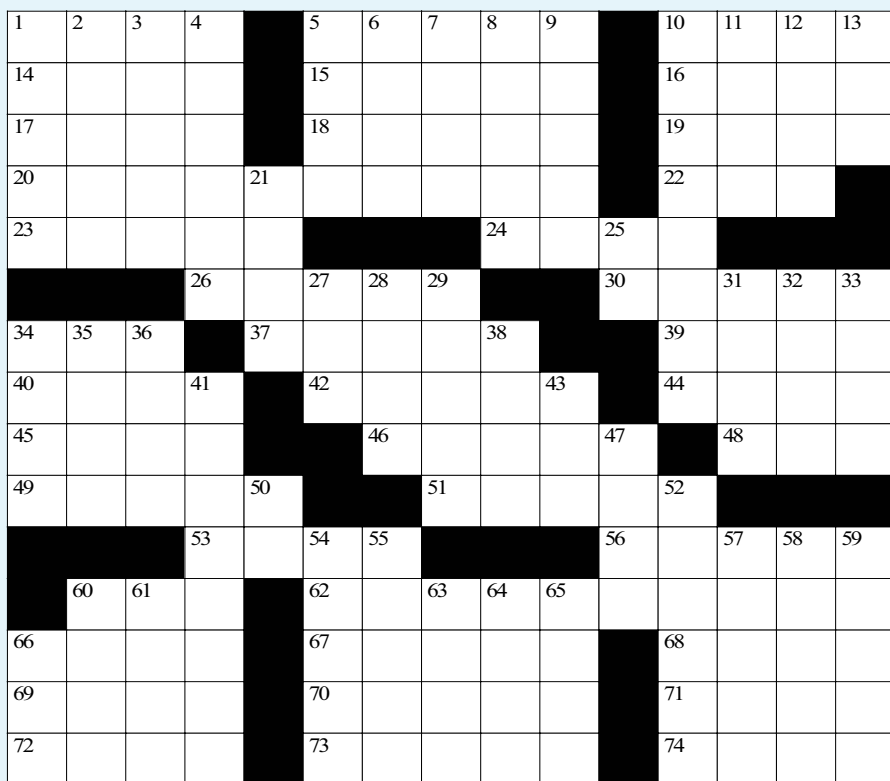
Protect: Wear cushioned insoles or any special footwear you are prescribed, along with comfortable, well-fitting and supportive shoes, every day – even around the house.

Consider advanced options: Know that at times, surgery is the most appropriate treatment for a given condition.

According to Dr. Laubacher, new medical technologies and ground-breaking surgical interventions, such as bioengineered scaffolding for reconstructive surgery, minimally invasive techniques and stem cell regeneration, are helping patients restore functionality and get back to normal faster than ever before,

For more ways to keep feet and ankles healthy and prevent falls, and to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the ACFAS patient education website. Foot and ankle surgeons are experts in providing conservative care and surgical approaches.

50 Plus Marketplace News Crossword Puzzle



ACROSS

- 1 Rip
- 5 Behind
- 10 Ailing
- 14 Codlike fish
- 15 Pertaining to a lobe
- 16 Doing nothing
- 17 Seaward
- 18 Dropsy
- 19 Inert gaseous element
- 20 Well-off
- 22 Cereal grass
- 23 Roofing stone
- 24 Distribute cards
- 26 Vessel used for private cruising
- 30 Steps
- 34 Acquire
- 37 Landed proprietor of Scotland

DOWN

- 39 Adhesive
- 40 State in the W United States
- 42 Inflict
- 44 Lively
- 45 Chapter of the Koran
- 46 Consumed
- 48 Alcoholic liquor
- 49 Hippopotamus
- 51 Spanish river
- 53 Obstacle
- 56 English poet
- 60 Curved bone
- 62 On the floor of the ocean
- 66 Republic in W South America
- 67 Ornamental coronet
- 68 Dreadful
- 69 6th month of the Jewish calendar
- 70 Develop

- 71 Augury
- 72 Chinese secret society
- 73 Staff again
- 74 Frighten

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