

# 50 Plus Marketplace



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

July 2024 • Volume 30 • Issue 7

## CU Boulder's Shakespeare's Festival has Double Header on Sundays!

This summer, for the first time, Colorado Shakespeare Festival fans will have four opportunities to do the same thing, seeing the season's main plays on a single day. "We challenged ourselves to four doubleheader Sundays, in which patrons will see the matinee of one show, take a break, then come back and see the other in the evening," says Producing Artistic Director Tim Orr.

The festival has staged one-off doubleheaders in the past, but this will be the first time festivalgoers can enjoy both featured productions in a single day, in this case the bloody, spectral tragedy *Macbeth* and beloved Shakespeare "sitcom," *The Merry Wives of Windsor*. Doubleheader Sundays are scheduled for July 14, July 21,

August 4, and August 11.

"We don't do this often, but when we do, it's always a blast," Orr says. "Both cast and audience know they are going on this marathon together, sharing the excitement energy."

After the curtain falls on the first play, production crews will surge into action to make a complete set changeover in the freshly renovated Roe Green Theatre. Audiences will experience the cast's complete emotional and physical transformation in a single day.

Audiences will have a choice of seeing either the comedy or the tragedy first. "We will alternate each Sunday: Do you like your ice cream before dinner, or after?" Orr says.

Orr says his instinct would be to "see *Macbeth* at night.

It's supernatural; it's got ghosts and witches; I want to leave the theater after dark.

Franz is currently working on "value-added" programming between performances, which could include such things as a picnic with a director or talk-back with a dramaturg. Multiple performances will be at the Roe Green Theatre (In-

doors) in the University Theatre Building, 261 University of Colorado, in Boulder.

Season and single tickets for CSF's 2024 lineup are on sale now at [coloradoshakes.org](http://coloradoshakes.org). Ticket prices range from \$22 to \$76. Ticket reservations can be made at 303-492-8008 or online at [cupresents.org](http://cupresents.org).



## Boulder Announces Summer Walking Arts Tour

The Office of Arts and Culture is offering free walking tours of downtown Boulder's public art starting Saturday, June 22. Each tour will last 1.5 hours and feature approximately 30 stops highlighting an array of sculptures, murals, and urban design projects. Participants will begin the tour at the corner of 17th and Pearl Street and end at 13th Street and Arapahoe. Along the way, discover artwork installed as early as 1977 and as recently as 2024.

Guided tours will be offered most Saturdays at 11 a.m. beginning June 22 and most Wednesdays at 5:30 p.m. beginning June 26. Tours run through Saturday, August 31. Visit the program website noted below to view all available tour dates.

"We are excited to highlight pieces of our city's public art collection with the com-

munity," said Arts and Culture Manager Lauren Click. "These unique works of art, from iconic bronze sculptures to colorful murals in alleys, help tell our city's story. And they are your art collection: always free to enjoy, inspired by Boulder's community and natural surroundings. We look forward to sharing more about these works with community members during guided tours."

Bring your walking shoes and water bottles and join us in exploring Boulder's rich public art scene! Please dress for the weather. The tour route will be accessible via paved sidewalks. Registration is required at <https://bpt.me/6332258>.

The city's Community Vitality Department reserves the right to cancel

tours that do not meet the minimum size of two people or due to inclement weather. Those who have registered will be notified of any changes to scheduled tours. Learn more about public art tours and register by visiting the program webpage noted above. Find more information about the Public Art Program and open calls for artists on the city's website at <https://bouldercolorado.gov/services/public-art-walking-tours>.



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# JULY Calendar

## Tuesday/2

Boulder Genealogical Society presents a free program on "Breaking Through Brick Walls with Reason & Logic" by Greg Liverman at 7 pm on Zoom only. This scientific method describes how evidence can be evaluated critically and provides real examples to illustrate how the method can be applied to discover unknown relatives or evaluate whether other families are related to yours. Register online at [www.bouldergenealogy.org](http://www.bouldergenealogy.org).

## Thursday/4

The Boulder Symphony is presenting their Independence Day celebration at the Boulder Bandshell at 1212 Canyon Blvd. at 7 pm. Join Boulder Symphony to celebrate July 4th with symphonic classics with Bernstein's Candide, Tchaikovsky's 1812 Overture, and Beethoven's Wellington's Victory. Also featured will be John Williams' music from Star Wars, Jurassic Park, and other cinematic classics, and patriotic tunes by John Philip Sousa. Tickets are \$5 to \$15. Buy tickets online at <https://www.eventbrite.com/e/boulder-symphonys-july-4th-concert-celebration-tickets-881070484537>.

## July 5 to August 4

The Colorado Music Festival brings magnificent music right to the heart of Colorado at the Chautauqua Auditorium, 900 Baseline Road in Boulder. Under the guidance of renowned conductor Peter Oundjian, the Festival fills the summer with uplifting evenings in Boulder's historic, all-wood Chautauqua Auditorium. 2024 Festival highlights include the return of violinist Augustin Hadelich, pianist Olga Kern, and pianists Christina and Michelle Naughton; the world premiere of a new symphony by Gabriela Lena Frank; a celebration of Bruckner's 200th birthday; and more. Visit their website at <https://coloradomusicfestival.org/> to learn more and buy tickets.

## Wednesday/17

Boulder County Interagency on Aging presents free expo attendance at Juniper Village in Louisville at 9 am. All community businesses are invited. Breakfast is served.

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

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## Colorado Council on Aging Annual Conference

In June, the Colorado Council on Aging held its annual conference at the Embassy Suites Conference Center in Loveland. Over 300 people from across the state attended the all-day event in person or on the Internet. Vice Chair Jodi Waterhouse was the moderator for the event. Chair Chad Federwitz gave the welcome message to the attendees. Governor Jared Polis gave a welcome video message to the attendees.

State demographer Elizabeth Garner gave a presentation on older Coloradoans population overview and the value they contribute to the state. Ms. Garner explained there were 62,000 births in 2020 followed by 45,000 deaths with 20,000 migrations in Colorado. She expects Colorado to have a growth rate of 30,000 people during this decade. She estimates about 40,000 retirees this year with about 400,000 retirees by the end of his decade. Garner explained health & technology will have the highest workforce growth, but many residents are leaving Colorado due to the high cost of living.

Deputy Director Jarett Hughes provided a presentation on Lifelong Colorado, where we are currently and where we are headed. Hughes indicates Coloradoans are ranked #2 in health rankings in the U.S. Colorado strengths are food security, economic well being, social engagement, physical activity, low chronic disease rates, volunteerism, and many geriatric clinicians. Weaknesses include housing costs, falls prevention, Internet crimes, suicide rates, and alcohol consumption.

Dr. Marissa Volpe, AARP's Associate State Director for Livable & Diverse Communities gave her presentation on How Does Colorado Compare to Other States

on Livable Communities. Maly explained their goals for older Coloradoans are to 1) fully participate in communities of choice, 2) engage in labor and volunteer force, 3) stay financially secure, 4) prepare for challenges in aging, 5) have skilled and compensated workforce for aging Coloradoans, 6) stay healthier longer, 7) all levels of government meet their commitments to older adults, & 8) feel empowered and protected against abuse and neglect. In October & November, AARP is planning an 8-week course on Livable Communities Planning Academy.

Monica Maly with the CO Dept. of Public Health and Danielle Hubbard, Region 4 Health systems Director have a presentation on Colorado's Alzheimer's Disease and Related Dementias (ADRD). Roughly 10% of the 922,000 adults over 65 years in Colorado have Alzheimer's Disease. By 2050, that is expected to increase by 21%. Their goal is to have 1) a public awareness campaign to understand ADRD awareness signs, 2) educate public on the disease and caregiving, 3) promote brain health & cognitive

aging, & 4) facilitate access to services & support.

The annual Alan Buckingham Awards for Volunteer of the Year and Employee of the Year were announced at the conference. Alan Buckingham served on the Colorado Commission on Aging from 1986-98. The commission's annual Senior Legacy Award was awarded posthumously to Buckingham in 1998 and the awards was renamed in his honor. C4A Chair Erin Fisher presented two 2023 awards for Volunteer of the Year to Myles Crane and Employee of the Year to Erin Maruzzella.

After lunch, World Cafe Discussions on Neighborhood and Community Places were provided followed by breakout sessions with various panelists on 1) Understanding Alzheimer's & Cognitive Impairments, 2) Health & Wellness...Aging Well in Colorado, 3) The Future of Aging Using Technology, & 4) Workforce Opportunities for Older Coloradoans. Overall, the event was very well received by the attendees! More info on our website home page in July!



*Erin Maruzzella, Jodi Waterhouse, & Myles Crane*

## Help for the Journey Forum for Caregivers of Older Adults



Interested caregivers are encouraged to register for the free program.

The Boulder County Area Agency on Aging and AARP of Colorado are offering Help for the Journey, six hours of education providing hope, information, and resources for caregivers of older adults. There is no fee for this event

but registration is required and includes lunch. Speakers include Brandy Queen, Kay Adams, Renita Henson, Stacey James, and Cassie Angerer.

**Who:**  
Caregivers of Older Adults

**What:**

Help for the Journey:  
Caregiver Forum

**When:**

Tuesday, July 23, 10 a.m. - 4 p.m.

- 10 a.m. - Interdependence in Caregiving

- 11:15 a.m. - Cultivating Competence and Compassions in Dementia Caregiving

- 1 p.m. - Movement, Motion, and Making Care Safe

- 2:30 p.m. - How to Get Paid to Be a Caregiver of a Medicaid Recipient

**Where:**

Boulder County Southeast Hub (1755 S. Public Rd., Lafayette)

Please register by Tuesday, July 16 at <https://helpforthejourney.eventbrite.com/>.

For more information, or late registration that will not include a boxed lunch, contact Rebekah Van Sweden, at 303-441-3945 or [info-Caregiver@bouldercounty.org](mailto:info-Caregiver@bouldercounty.org).

Learn more about BCAA's Caregiver Programs at <https://boco.org/Caregiving>.

## CONTACT

### How To Reach Us

#### email

robert@50plusmarketplaceneews.com

#### phone

303-694-5512

#### mailing address

4400 Sioux Dr.  
Boulder, CO 80303

#### website

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

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

**50 Plus Marketplace News, Inc.** encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material 300 words or less are to be emailed to [sales@50plusmarketplace.com](mailto: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.

#### Publisher/Editor

Robert A. Trembly II

#### Contributing Writers

Boulder County Senior Centers  
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& Businesses

#### Marketing Director

Bob Larson

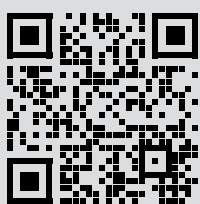
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Michael Buckley  
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## Live Among New Friends!



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[rentincommunity@gmail.com](mailto:rentincommunity@gmail.com)

## Now Hear This

### Summer Activities Can Be Loud – Take Precautions!



Dr. D'Anne Rudden

Summer is a season filled with vibrant outdoor activities, from concerts and festivals to sports events and fireworks displays. Amidst the excitement, it's crucial to remember the importance of hearing protection. Exposure to loud noises can cause permanent damage to our ears, leading to hearing loss and other auditory issues. Fortunately, there are ways to enjoy summer while safeguarding our hearing.

Popular summer activities can all reach unsafe volume limits:

- While the energy of live music can be exhilarating, wearing earplugs designed for concerts can significantly reduce the

risk of hearing damage without compromising the music. Many earplugs are discreet and specifically designed to preserve the quality of sound while lowering its intensity.

- Water sports like jet skiing or boating can produce significant noise levels, especially for those directly exposed to the engine's roar. Wearing earplugs specifically designed for water can protect the ears from excessive noise while still allowing plenty of enjoyment.

- Fireworks are the highlight of summer for many during summer celebrations. It's important to protect your hearing from the loud explosions. Earplugs can mitigate the risk of hearing damage while still allowing you to appreciate the dazzling spectacle overhead.

- Even simple outdoor chores

like mowing the lawn or using power tools can generate enough noise to cause harm. Wearing earplugs during these tasks may protect against long-term damage to your hearing.

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 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, a non-profit that helps income-qualified people gain access to hearing healthcare. To date, they've provided 274 people in Colorado with hearing aids, 65 of them right in Longmont!

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## Health Matters

### Treating Embarrassing Urine Leakage



Jeremiah McNamara, MD

It doesn't take much to trigger a leaky bladder — simply exercising, sneezing, laughing or coughing can cause

embarrassing urine leakage. This condition, called stress urinary incontinence (SUI), is one of the most common problems facing women at any age, but is more common in women over the age of 50.

- Chronic constipation
- For treatment, the best place to start is by trying the following lifestyle changes:
- Losing weight
- Increasing physical activity
- Aggressively treating constipation
- Smoking cessation
- Treating a chronic cough
- Avoiding bladder irritants

The next step would be these treatments:

- Pelvic physical therapy to strengthen pelvic muscles and improve bladder function. Therapy can include soft tissue mobilization, biofeedback, deep tissue massage, heat and cold therapy and transcutaneous electrical nerve stimulation (TENS).
- Daily Kegel exercises to strengthen the pelvic floor muscles.
- Pessary, which is small rubber device that is worn inside the vagina to prevent leakage

When the above conservative treatments don't work, there are surgeries designed to help keep the bladder in place and treat stress incontinence, including

- Slings
- Bladder suspension

*Jeremiah McNamara, MD, is a board-certified OB-GYN with Boulder Women's Care.*

## Ageism Matters

### Ageism in Healthcare: A Call for Change



Kris & Sara

Ageism, defined as prejudice or discrimination based on age, is particularly harmful in healthcare. Biases against older individuals lead to significant health disparities and reduce care quality. Addressing ageism is crucial for individuals and society.

Ageism is evident in everyday language and media, where older adults are often underrepresented and depicted negatively. This reinforces the belief that aging diminishes value, and makes older individuals feel invisible.

Common stereotypes, such as considering depression or chronic pain "normal" parts of aging, result in neglect and substandard care. Older adults are less likely to receive necessary medical procedures or mental health support, perpetuating a cycle of inadequate care.

The individualistic mindset prevalent in our culture worsens ageism. We often attribute aging outcomes solely to personal choices, ignoring the significant impact of social determinants like access

to healthcare, financial stability, and social support. This perspective limits public support for policies that could improve health outcomes.

Addressing ageism requires a multifaceted approach. Individually, we must challenge our own biases about aging. On a societal level, promoting a diverse, realistic portrayal of aging will shift perceptions. Increasing awareness about the unique experiences of aging fosters a more inclusive attitude.

By addressing ageism, we can improve healthcare interactions and create a society that values individuals of all ages. This benefits older adults and ensures a better future for generations to come. Through challenging personal biases, promoting positive representations of aging, and increasing public awareness, we can foster a more inclusive and supportive environment that provides equitable care and support as we age.

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

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## Colorado Gerontological Society

### Salute To Seniors Returns August 24 And 25



Eileen Doherty

Denver, CO. We all want to have fun, need information and can always use resources. Join 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.

The Salute will feature more than 75 exhibit booths and a farmer's market with free fresh produce and fruit. Other features include playing bingo; having your balance assessed, reviewing susceptibility to falls, taking your blood pressure and testing your body mass index.

You can get tips for emotional well-being and shop the clothing boutique. Forney Museum of Transportation is bringing back their classic cars.

Get tips on your family history searches through the Denver Public Library. View the awe-inspiring statuary and exquisite ceiling art paintings on a tour of the Greek Assumption Cathedral that is next door.

The Salute will focus on a better understanding of issues

facing older adults. Presentations will include emotional well-being, artificial intelligence, banking scams, buying Class 4 shingles for your house to get better rates on your property insurance, 2025 Senior housing income tax credit, and changes to the senior property tax exemption.

Help will be available with dental applications, getting a personal copy of Senior Resource Guidebook, finding a Telephone Buddy, advance care planning and counseling on aging issues.

The title sponsor of this year's event is Cigna. Admission is free. Food samples will be provided through the generosity of community partners. Sign up for prizes and giveaways.

If you need information, call 303-333-3482 or 1-855-293-6911 (toll free). If you cannot join us in-person, join us virtually on August 25, 2024, from 11:30 am to 1:00 pm. To register for in-person or virtually, visit [www.senioranswers.org](http://www.senioranswers.org).

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



## Social Security Today

### Celebrate Your Independence With Social Security

Every July 4, we celebrate our nation's independence. For nearly 90 years, our programs have helped create financial independence for millions of hardworking people. We have useful online resources like the Social Security Statement (Statement) and our benefits estimator tool that helps people not yet receiving benefits. The Statement shows the benefits that you and your family may be eligible for and provides personalized fact sheets tailored to your age and earnings situation. The benefits estimator tool allows you to get estimates based on different ages. These online tools can help you better prepare for your retirement.

status.

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- Get an instant benefit verification letter.
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- Change your address. (Social Security beneficiaries only)
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- Opt out of mailed notices for those available online.

You can create your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

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With so many services and helpful information available online, we are here for you when you need us. Learn more at [www.ssa.gov](http://www.ssa.gov).

If you're not receiving benefits You can get the most out of your online experience if you have a personal my Social Security account. You can:

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- Get estimates for spouse's benefits.
- Get your Statement instantly.
- Get proof that you do not receive benefits.
- Check your application

## Reflections

### Getting New Material

We all tell our stories. Then we add more stories, embellishing them for other audiences. "Is that the truth" becomes a frequently asked question.



**Martha Coffin Evans**

What do you do when your story material runs low? Well, take a trip and try for more stories found in different settings.

We experienced this last summer when we met fellow Upper Mississippi River travelers that first breakfast. "Our daughter says we need new material," explained one tablemate. Soon entertaining stories emerged.

"I took a shower this morning and realized I forgot to shampoo my hair," commented one gal. Back into the shower she went for a redo. Another commented about her sister mixing up the spray. She misted her hair with the room deodorizer while the more traditional spray remained untouched. "I couldn't read my bottles very well so double conditioned my hair for days. Later I realized I hadn't been using shampoo," lamented another. Glasses in the shower, anyone?

Speaking of showers, one traveler regaled us with his story of being "stuck" since the door wouldn't

open when he was inside. After complaining to the staff, an attendant showed him how to pull the door toward himself vs pushing it in from the outside. He never got "stuck" again!

Some travelers have tales dealing with clothing. One traveler's two tee shirts lasted five days until her luggage arrived. Another wore her roommates clothes for 10 days until her own reached her.

River cruises provided more stories about unexpected "viewing" opportunities especially when travelers expected to be docked only to find themselves looking into another ship's stateroom! Standing in natural or other attire surprised all!

Whether gathered daily or drawn from past travels, "new material" keeps us all laughing at ourselves. We fondly remember last summer's travelers and tales. It's time to look for this year's material.

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

## Is Medicare Making Sense?

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3. Do You Choose a Medicare Advantage Plan?
4. Do you Choose a Medigap/Medicare Supplement Plan?

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## Mental Health Fireworks and PTSD



**Dr. David Rimmert**

Ah, July. Remind yourself that the memories evoked are your past and not the present. Exercise good independence with an endless barrage of fireworks. They're so correlated with July 4th that we can't think of one without the other. But it doesn't seem to end on July 5th, does it? No, many people set off fireworks all-month-long. Though they probably won't tell you, many people become highly stressed during July anticipating the sudden and jarring POP that always seems to happen at the end of an emotionally evocative movie. The dogs go scrambling for safety under the bed and won't even come out for bacon. The cat does that funny four-legged hop of horror. Even the fish seem to dart around their tank in frenzied stress.

For humans who have been in an active harmer situation or in combat, the sound can evoke emotions and reactions of terror - and even cause flashbacks and intrusive memories. The sulfur aroma that permeates the neighborhood can also have this effect. If you are this person, take caution. Fireworks will happen on July 4th, so here are some tips for managing.

Practice your breathing techniques and above all else, invest in earplugs or headphones. If you are planning to celebrate the holiday with fireworks, please be considerate of your neighbors. Consider going to a nearby park with wide open space to have your fun. Be safe and only use all of them on July 4th. Don't worry, New Years is right around the corner.

*Dr. David Rimmert is a Longmont-based psychologist at Mental Health Partners, a community mental 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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### Ron Stern's Travel Series Garden of the Gods Resort and Club

Combining majestic natural beauty with all the amenities of a world-class resort, The Garden of the Gods Resort and Club offers travelers a respite from the outside world. Having recently undergone a \$40M renovation, guests can enjoy award-winning dining, championship golf, tennis, pickleball, and swimming as well as a host of wellness options.



Combining some forty award-winning health practitioners, you can do just about everything here from using their fitness facilities with aqua aerobics to getting a facial or massage. The "Med" portion provides holistic medical care that utilizes the best from Eastern and Western medicine. Their staff has years of experience in the fields of cardiology, naturopathic medicine, chiropractic, nutrition and acupuncture.

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What was once a members-only resort is now open to the public, club members and resort guests. Having won many accolades, including the #1 US Hotel Award (Yelp), people are now rediscovering this Colorado Springs treasure. Several types of accommodations are available including cottages, casitas and the resort lodge. All are outfitted with modern conveniences such as plasma TVs, fireplaces, coffee makers, patios, and plush furnishings.

West-facing rooms overlook the Garden of the Gods National Natural Landmark. To say the views are stunning is a bit of an understatement. Massive red sandstone formations grace the park's entrance and come alive with color as the changing sunlight dances across the rock faces. Nature wasn't done yet, however, as snow-capped Pikes Peak in the background completes this photo-worthy scene.

Three restaurants source fresh and healthy ingredients to enhance your on-site experience. The Grand View was named one of the Top 30 Restaurants in Colorado Springs and offers a delicious host of healthy options along with floor to ceiling views of the park. Among the restaurants' specialties are their wildly popular portabella mushroom fries and soon-to-come pimento pizza. The resort also offers some integrative health programs known as STRATA, Three holistic disciplines are available in their 31,000-square-foot facility. These include Med (health and wellness), Spa (spa and salon), and Fit (fitness and performance). All are under one roof and offer "transformative", personalized service.

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Correction, the print version of this story misspelled the word "STRADA" and should be "STRATA."



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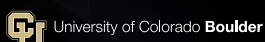
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CU PRESENTS



# Andrea Kehmeier Crowned 30th Ms. Colorado Senior America!

Look for Andrea Kehmeier, this year's reigning Ms. Colorado Senior America, to bring enthusiasm and creativity to her role, plus a desire to call attention to important issues. Kehmeier, 71, was crowned in April at the pageant's 30th anniversary. Ms. Colorado Senior American honors women who have reached the "Age of Elegance," age 69 plus. Contestants compete onstage in the categories of philosophy of life, talent, and evening gowns.

For Kehmeier, who retired just over 18 months ago, the pageant was an opportunity to do some good and have some fun. "I'd finished all my house projects," she said, and wondered what was next. "It's hard to imagine Kehmeier having time to wonder "what's next." The Conifer resident's many involvements include Habitat for Humanity and Women in Communication.

Among her goals as queen is to call attention to the issue of obesity. "There are many misconceptions surrounding obesity," she said. "I'd like to try to dispel some of those myths."

Her interest in environmental issues and gardening with native plants and wildflowers, guided her to be involved in the Evergreen Audubon Society and the Colorado Rock Garden Society.

She also volunteers with Conifer Radio, where she is exploring opportunities to produce community-oriented content for live streaming.

Committed to reusing and repurposing clothing and household items, she is an active volunteer with Mountain Resource Center Thrift Store. And she is a volunteer test subject with Molecular Transducers of Physical Activity Consortium (MoTrPAC), a national research study conducted at Anschutz Medical Center.

Kehmeier's professional life has

been equally diverse. A member of Screen Actors Guild and the American Federation of Television and Radio Artists (SAG-AFTRA), Kehmeier pursued a singing career in classical music. But her skill in research and communication drew her to FMC Corporation and Johnson & Johnson before relocating to Colorado in 2009. She ended her career as a senior technical writer with AECOM Engineering (URS).

A Pennsylvania native, she earned a bachelor's degree from Pennsylvania State University and did graduate work in communications at Temple University.

A "staunch AARP member," Kehmeier said that "being a senior gives a tremendous perspective. For me, it's been very freeing. Seniors should feel free to realize their dreams, to feel empowered to do things they have been putting off."

Kehmeier will compete for the Ms. Senior America crown at the national pageant this fall in Atlantic City.



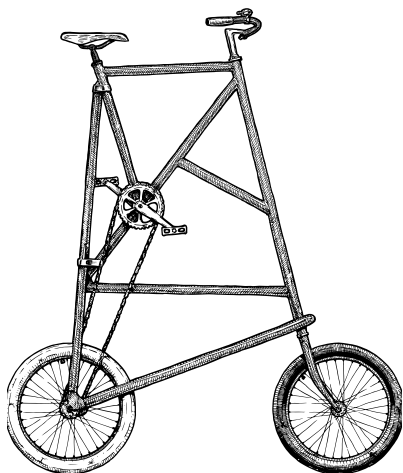
Andrea Kehmeier

Say you saw it in 50 Plus Marketplace News

## The 'Sky High' Bike

Nicolas Barrioz and David Peyrou were having a drink in a pub in France when they got the idea of building the world's tallest bicycle. And so, they got busy building the bike – a bike that measures 25 feet, 5 inches high, big enough to get the attention of the Guinness World Record judges who, indeed, declared it to be the world's tallest rideable bicycle. Barrioz was moved. As he told the folks at Guinness, "this experience has completely transformed my worldview. Before this, I really needed self-confidence; I was shy and had a negative

self-opinion. Now I feel unstoppable; I think I can repair, build or design anything."



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## TRADING POST

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**The Ark Encounter**  
September 28 – October 6,2024  
\$1225 for 9 days

**Creation Museum, Ohio Boat Tour, Cincinnati**  
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**Crazy Horse**  
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**Branson Christmas**  
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## Genealogy Rocks!



**Carol Darrow**

I am celebrating my 25th year as a genealogist. How time flies when you're having fun! So I am often stopped in the midst of the happy dance when someone asks me, "Are you finished with your genealogy?"

The short answer is, "No."

When I started I did not know the names of any of my great-grandparents. So I had lots of work to do. I spent a lot of hours at the National Archives branch at the Federal Center poring over census record microfilm.

I subscribed to Ancestry.com after my first three years and found it helpful. The constant addition of new records to the database has enabled me to get back to about 1700 in U.S. records.

Fold3.com is primarily a database of U.S. military records. I found my 4th great-grandfather's Revolutionary War pension application there which detailed not only his military service, but his two marriages and the names of his daughters and their husbands.

FamilySearch.org gave me access to my 5th great-grandfather's probate records from 1796 and 1802, including the names of his deceased children and the distribution of his land and slaves.

AncestryDNA opened up an entirely new branch of my family by connecting me to several descendants of my 3rd great-grandmother, Manette Roy Chapmond of Louisiana. This information explains why my 2nd great-grandfather spoke French even though he lived in Arkansas.

I've recorded most of this information on Legacy Family Tree software on my home computer. I prefer owning my family information on my own computer rather than relying on access to an online family tree.

Of course, I haven't spent all those 25 years on my own family tree. I also worked on my husband's family and volunteered to help many others locate their own families. Join me in celebrating my 25 years of genealogy.

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

## Technology is Hip!

### The Future of Right Whales!



**Bob Larson**

I coined a phrase several decades ago: If we don't take care of our planet, it will die and so will we! I'm referring to our environment

which includes our oceans, atmosphere, forests, wildlife, food supply, land, and the human race! In 2022, the World Wildlife Foundation reported an unsettling statistic about a 69% drop in global wildlife populations in the last 50 years! Much of the decline is due to disappearing forests, poaching, hunting, and declining food supplies for the wildlife!

Recently on PBS-TV's program on Nova, they stated the decline of the large Right Whales (measured at 45 to 55 feet length for adults) with less births in the northern Atlantic Ocean! Their decline is due to fishing nets and rope entrapments and ship or boat propellers and their declining food supply, which is mostly plankton. Either issue is responsible for major injuries that eventually result in the whale's death. Many whales have been tagged with GPS tracking devices that let the biologists know where the whales have migrated or even if the whale has

died. Many biologists have saved many Right Whales from the net or rope entrapments, which isn't easy as the whales are fighting to survive the entrapments, making it hard for the biologists to be close enough to cut the fishing net or ropes.

The Canadian Government has mandated the use of break-away nets and ropes to hopefully allow the Right Whales to free themselves without the help of the biologists. The government also has recommended all fishing ships and boats stay a safe distance from the Right Whales to prevent propeller injuries. The biologists have discovered the Right Whale population has migrated further north from the northeastern U.S. coasts to the Gulf of St. Lawrence, where the plankton are now located. Regardless, it may take more than technology to save the Right Whales.

*Bob Larson is a technologist and our Marketing Director for 50 Plus.*



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## Good for Colorado's Economy

The 2024 legislative session delivered real results for Colorado businesses of all sizes and positioned the state's economy to continue to thrive. From nation-leading investments to strengthen Colorado's workforce and create housing Coloradans can afford near job centers to cutting taxes and increasing certainty for business leaders, Colorado is doubling down on its commitment to be the best place to start and grow a business.

"We delivered real results this legislative session. Colorado's strong economy will continue to lead the nation and pave the way for the sectors of tomorrow. By increasing access to housing workers can afford, cutting sales and income taxes, saving Coloradans and businesses money on property taxes, and investing to make life in Colorado more liveable, affordable, and sustainable, we are ensuring Colorado remains the best state for workers to thrive and business to grow and expand in," said Governor Polis.

Colorado's economy remains strong. According to U.S. News & World Report, Colorado ranks fourth in the nation for best econ-

omy, best business environment, and employment. Cities across the state continue to make the "best places to live" list, with Colorado Springs up five spots to number three and Fort Collins also making the list.

To maintain Colorado's economic competitiveness and strengthen the state's business-friendly environment, the Colorado Office of Economic Development, and International Trade (OEDIT) has identified key areas to best support the growth of Colorado businesses. These include continued efforts to increase the supply and reduce the cost of housing, which impact employee recruitment and retention, and saving businesses and Coloradans money. Historic achievements from the 2024 legislative session will advance many of these priorities.

"Companies choose Colorado for our top talent, our diverse portfolio of advanced and growing industries, and our collaborative and stable ecosystem. Colorado is sending a strong signal to employers that this is the best place to do business," said OEDIT Executive Director, Eve Lieberman.



## Pets Are Family

### Keeping Dogs Safe During Fireworks Season



**Judy Calhoun**

The 4th of July is a time for celebration, but for dogs, the fireworks can be a source of stress and fear. The loud noises and bright lights can cause anxiety and panic, leading to potentially dangerous situations. Here are some tips to keep your furry friends safe all summer long.

**Create a Safe Space:** Designate a quiet, comfortable area in your home where your dog can retreat during fireworks. This could be a room with minimal windows or a crate with their favorite blanket and toys. Adding background noise, like a fan or calming music, can help drown out the sounds of fireworks.

**Exercise Early:** Take your dog for a long walk or engage in vigorous play earlier in the day. A tired dog is more likely to rest and stay calm during the evening's festivities.

**Stay Indoors:** Keep your dog indoors when fireworks are likely to be set off. Even if they are usually well-behaved off-leash, the sudden noise can cause them to bolt in fear, leading to the risk of getting lost or injured.

**Use Calming Aids:** There are various products available that can

help calm an anxious dog. Weighted blankets, which provide gentle, constant pressure, can have a calming effect. Additionally, consult your veterinarian about anxiety-reducing medications or natural supplements.

**Identification:** Ensure your dog has up-to-date identification tags and is microchipped. In case they do manage to escape, this increases the chances of a quick reunion.

**Stay Close:** If possible, stay with your dog during the fireworks. Your presence can be reassuring and help them feel more secure. If you have to leave, consider asking a friend to check in on them.

By taking these precautions, you can help ensure that festive celebrations remain a joyous occasion for everyone, including your beloved pets.

*Help us  
Help the 50+  
Community*

## Longmont Celebrates July 4 with Multiple Events!

There will be something for everyone at Longmont's 2024 July 4 Celebration! The fun begins at noon on Thursday, July 4 with a family-friendly downtown street party featuring live music, carnival games, food, drinks, and great views of the drone and fireworks shows occurring at 9:15 and 9:30. Visit [LongmontColorado.gov/fireworks](http://LongmontColorado.gov/fireworks) for details about the celebration and information about legal and illegal fireworks.

The Longmont Symphony Orchestra and Longmont Choral will set a festive tone for the holiday with their annual Fourth of July Concert in the Park. This year's event will be held at Roosevelt Park (700 Longs Peak Avenue). Music performances and other special programming will run from 12:30 to 3 pm. The Longmont Symphony Orchestra is scheduled to perform live music to accompany the fireworks show at 9:30 pm.

The Street Party will occupy 2nd Ave. between Kimbark St. and Collyer St., and Emery St. between 1st Ave. and 3rd Ave., from 5 to 10 pm. Entrance into the street party area and carnival games are FREE

and food and drinks will be available for purchase at restaurants, bars, and food trucks. Outside food and beverages will not be allowed within the street party area.

Starting around 9:15 pm, 300 lighted drones piloted by the Innovation Center of St Vrain Valley School District Drone Performance Team, will fly high over the Dicken's Farm Nature Area. The team is comprised of local high school students who have created an original, fast-flying light show just for the City of Longmont.

Once again, the Skyline Kiwanis Club of Longmont Colorado is gifting the City of Longmont an awe-inspiring fireworks display. This year's fireworks show will start around 9:30 pm and will be deployed from the Longmont Fire Training Center. Both the Dickens Farm Nature Area and Longmont Fire Training Center, including the creek and trails, will be CLOSED to all viewers and vehicles.

**WE ARE LOCAL!**

## Denver Taiko Summer Concert in the Park

The Denver Taiko music group will be performing on Wednesday July 10, 6:30 – 8:00 pm. The concert is FREE at the Collyer Park, 600 Collyer Street in Longmont.

Performing traditional Japanese Taiko drumming as well as their own original compositions, Denver Taiko's repertoire of rhythmic grooves and heart-pounding beats make for a dynamic and high energy show you won't soon forget.

The Summer Concert Series will be popping up in various parks throughout the city while our museum courtyard undergoes

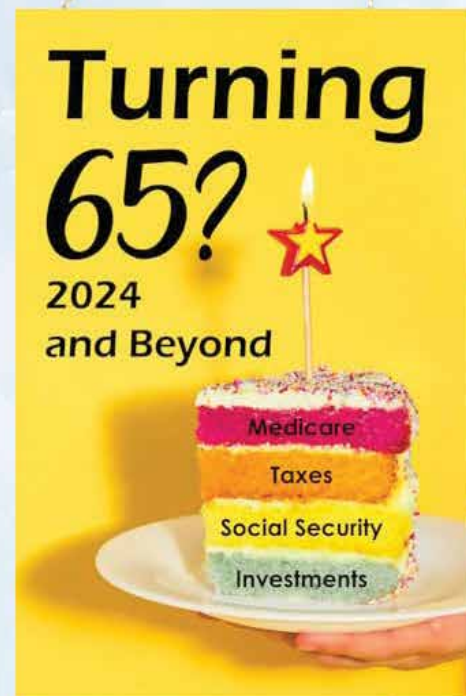
a complete transformation with a dramatic increase in capacity and a brand new performance pavilion. Our redesigned Stewart Family Courtyard will be more expansive, more inviting and a more comfortable place to stretch out and enjoy a concert. Until the completion of the Courtyard, we'll see you in a park around the corner!

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## KILLER QUEEN A Tribute to Queen

**WHAT:** The English rock group Queen is an iconic sensation stacking up 18 number one albums, 18 number one singles and is one of the world's best-selling music artists. Their performance at 1985's Live Aid is regarded as one of the greatest in rock history. The music of Queen continues to inspire generations of young and old fans through their infectious rock songs played in numerous films (Revenge of The Nerds, Highlander, Wayne's World, High Fidelity, A Knight's Tale, Iron Man 2) and the Broadway musical We Will Rock You.

This year marks the 49th anniversary of Queen's first international hit, Bohemian Rhapsody, which gave them their first top ten hit in America and catapulted them to the world stage and rock stardom. They also gave us two of rock's most recognizable anthems, We Will Rock You, and We Are the Champions.

Now, here is your opportunity to relive the Queen phenomenon! Formed back in 1993, Killer Queen has distinguished itself as the world's foremost Queen tribute show. Their first public concerts were at London University, following in the footsteps of the original Queen who had played their first shows there 23 years earlier. By 1995, they secured a residency in London's West End, the first tribute band to do so, and continued to grow both in the UK and Europe, culminating in winning the award for "Worldwide

Best Tribute Band." During their various careers, the musicians have worked and recorded with a vast array of artists including Roger Taylor and Brian May. Killer Queen was also selected by Sir Bob Geldof to represent Queen in a restaged tribute Live Aid concert.

Killer Queen will take you back to the '70s and '80s as they re-create the charismatic and uncannily accurate renditions of Queen through appearance, sound and energy of the original stars that defined rock music. Authentic costumes, impeccable harmonies, with lead singer Patrick Myers resurrecting Freddie Mercury both physically and vocally, all come together to give the audience the Queen "live in concert" experience.

This summer come sing and dance the night away with Killer Queen performing the classic catalogue of chart-topping Queen hits including: We Will Rock You, We Are The Champions, Love of My Life, Don't Stop Me Now, Under Pressure, Another One Bites The Dust, Somebody To Love, Crazy Little Thing Called Love, Fat Bottomed Girl, Killer Queen, Radio Ga Ga, You're My Best Friend, Bohemian Rhapsody, and many more.

For more information, and to sample music and video on the band, please go to: [www.killerqueen.com](http://www.killerqueen.com)

For a sample of the magic that Killer Queen brings to the stage, view this clip: <https://www.youtube.com/watch?v=0qucQhB-d2WY>

This concert is a benefit for PBS12 and is sponsored by Brothers BBQ, Carrabba's Italian Grill, and Frame de Art.

**WHEN:** Tuesday, July 16, 8 p.m. (Gates open at 7 p.m.)

**WHERE:** Red Rocks Amphitheatre

**TICKETS:** \$60 GA / \$70 - \$75 Reserved Tickets (plus service charge) available on [www.AXS.com](http://www.AXS.com). Group Sales 10+ or Backstage Tour Tickets call Sam at 303-518-1177.

**TICKET LINK:** <https://www.axs.com/events/509092/killer-queen-tickets>



## Live Well As You Age Seminar Is A Success!

In July, the Alzheimer's Association presented their Live Well As You Age Seminar at the Drake Center in Fort Collins. Host Angel Hoffman presented four speakers: PhD Rebecca Chopp, PhD Deanna Davalos, Physical Therapist, Dr. Maggie Thompson, and Amber Webb, MA Nutrition. The free seminar featured these four amazing guest speakers who shared the latest research and tips on how to stay socially and cognitively engaged. They also offered nutritional and exercise recommendations to maintain or improve your overall physical and brain health.

Dr. Deana Davalos is a psychology professor at CSU. Deana emphasized that social engagement is important besides cognitive stimulation, nutrition, & physical activity to prevent loneliness and isolation. According to the surgeon general, "loneliness is like hunger, a signal we're lacking for survival." These two factors have a 50% risk of getting dementia, 25% risk of early death, and 30% risk of having a stroke or cardiovascular disease.

People at the highest risk are living alone, can't leave their home, loss of a spouse or partner or even retirement, struggle with money, have psychological challenges or depression, low social interaction, have trouble hearing, live in an isolated neighborhood, have language barriers where they live, experience racial, age, or discrimination, ethnic or gender identity, and not meaningfully engaged in social activities.

Research increasingly shows social interaction is crucial to your brain's health! Think about these steps to resolve depression & isolation: 1) physical factors such as mobility issues, hearing loss, and incontinence, 2) psychological issues such as cognitive impairments, memory loss, and depression, 3) social factors such as financial concerns, transportation

issues, and respite care.

External activities and meeting new people prevent isolation and promote health. Volunteering benefits you and others. Spending time with family, friends, and loved ones reduces depression.

Dr. Rebecca Chopp is a board member of the National Alzheimer's Association and co-founder of Voices of Alzheimer's. Rebecca explained how the Mediterranean Diet (MD) can reduce weight, blood pressure, and cholesterol besides reducing or eliminating many harmful diseases!

She recommends limiting processed foods, consume most food in whole form, choose whole grains, eat a wide variety of fruits and vegetables, consume less red meat, use extra virgin olive oil for cooking, eat moderate amounts of dairy products, enjoy red wine in moderation, use fresh herbs & spices instead of salt or sugar, enjoy your meals with family and friends and eat mindfully.

Dr. Maggie Thompson is the owner and founder of Refuge Physiotherapy in Windsor. Stay active with up to 150 minutes of weekly exercise both moderate in walking or gardening and vigorous in hiking or biking and be sure to hydrate with water. Make changes gradually as it takes 21 days normally to adjust to a new lifestyle.

There is aerobic exercise to keep your body active and strength training to keep your muscles in top shape.

Several studies indicated people of 70 years age or older had less brain shrinkage who exercised regularly and had less cognitive issues. Regular exercise reduced dementia by 28% and Alzheimer's Disease by 45%!

Amber Webb is a consumer sciences specialist at CSU. Amber discussed proper nutrition and how it benefits the body. Overall, the seminar had lots of beneficial information for all ages!



l-r: Amber Webb, Deanna Devalos, Maggie Thompson, Rebecca Chopp, & Angel Hoffman



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# Longmont Library Presents Romance Author Alexandra Kiley

Romance enthusiasts and aspiring writers alike are in for a treat as the Longmont Library announces its upcoming author talk featuring acclaimed romance author Alexandra Kiley and esteemed writer and coach Kym Summers from 6-7 pm on Thursday, July 11 in the Library Meeting Rooms. The event promises an engaging discussion on writing, the allure of the romance genre, and the enchanting appeal of Scotland in romantic fiction.



Alexandra Kiley, renowned for her captivating narratives, will

share insights into her latest romance novel, "Kilt Trip," released in 2024. Set against the breathtaking backdrop of Scotland, "Kilt Trip" invites readers on a journey of love, discovery, and adventure.

Joining Kiley is Kym Summers, a respected voice in the writing community and an expert in empowering authors to unleash their creativity. Together, they'll delve into the intricacies of romance storytelling, exploring why Scotland holds such allure for romance writers and readers alike.

This author's talk offers a unique opportunity for literature enthusiasts to gain firsthand knowledge from two accomplished writers and delve into the magic of romance fiction.

The author talk is free to attend, however registration is required and limited to 80 attendees. For more information and to reserve your spot, visit [bit.ly/LibAdults](https://bit.ly/LibAdults) or call Adult Services at 303-651-8472.

## July 4th Quotes

Thomas Paine Those who expect to reap the blessings of freedom, must, like me, undergo the fatigue of supporting it.

Ronald Reagan If we ever forget that we are one nation under God, then we will be a nation gone under.

Thurgood Marshall Where you see wrong or inequality or injustice, speak out, because this is your country. This is your democracy. Make it. Protect it. Pass it on.

Herbert Hoover Freedom is the open window through which pours the sunlight of the human spirit and human dignity.

Daniel Webster May the sun in

his course visit no land more free, more happy, more lovely, than this our own country!

Mark Twain Patriotism is supporting your country all the time and your government when it deserves it.

Rosa Parks I'd like to be remembered as a person who wanted to be free and wanted other people to be also free.

Condoleezza Rice The essence of America, that which really unites us, is not ethnicity or nationality or religion. It is an idea, and what an idea it is that you can come from humble circumstances and do great things.

## Poetry Rising

Welcome Independence Day and all the great memories it brings. Traditional parades, the tug of war, the sand-lot baseball games. Taking delight in our freedom and the democracy we cherish.

This year we are troubled by our divisions. All sides of the political divides share the fear and uncertainty of our times. Whom do we believe? Who are our heroes? Are they motivated by love or by power? And most of all—how do we not spend time worrying about it all? Even our national questions are overpowered by the protests and the wars and outrageous violence that shakes our planet from its orbit. And—all out of our control. Don't worry...reach out...Share memories and little acts of kindness. At the very least, we will be operating out of love. That's just got to be a good thing!

### NOT TO WORRY

Every so often,  
a horse,  
with no rider and no reins,  
takes off across the prairie  
with no destination in mind.

The pace increases  
breathing gets harder,  
and sweat flies  
leaving a wake  
as does  
the seductive beauty  
of its wind blown mane..

This is my brain.

Too late to close the barn door...  
knowing there is no good ending  
to this story.

Let's go back in the house.  
We can fix a cup of coffee  
and hope that this wild thing  
will find its own way home.

© Barbara Wood Gray  
"Sharing the Song"

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

*Say you saw it in 50 Plus Marketplace News*

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## FILE OF LIFE

Our sponsors have partnered to provide a identification program to assist individuals who, due to dementia, disease or trauma, are unable to communicate needed information.

Boulder Fire Rescue Longmont Fire Department



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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

These classes bring together postures and techniques of yoga with the support of a chair. West Age Well Center, Mondays, July 1 – 29, 10 – 1:45 a.m. Fees: R/NR \$40/\$50

### 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, July 3 – 26, 10:15 – 11:15 a.m. Fees: R/NR \$32/\$40

### Community Protection Division

Drop-in Office Hours  
 Older adults can meet with a Community Protection Specialist for 15-30 minutes to discuss personal situations and ask questions. West Age Well Center, Monday, July 8, 10:30 a.m. – 12:30p.m.

### SPARK and Studio Arts Boulder Pottery Class

This hand building pottery program is designed for individuals with neurodegenerative diseases and their caregiver or partner. West Age Well Center, Tuesday, July 9, 1 – 2:30 p.m.

### Medicare Basics

This class provides current information about Medicare enrollment, benefits, costs, what and how Medicare pays, choices under Medicare plans, and prescription drug coverage. East Age Well Center, Wednesday, July 10, 1 – 2:30 p.m.

### Colorado Legal Services

In this presentation, participants will learn more about low-cost legal services, how to access them and have the opportunity to ask questions. West Age Well Center, Wednesday, July 17, 10 – 11 a.m.

### ThinkFirst to Prevent Falls

Class facilitated by injury prevention professionals from Intermountain Health, Boulder Fire-Rescue and Boulder Community Health to review best practice strategies to prevent falls. West Age Well Center, Wednesday, July 31, 1:30 – 3:30 p.m.

### Older Adult Massage and Feldenkrais appointments:

Call an Age Well Center for information or to schedule.

## Lafayette Senior Services

Programs offered by Lafayette Senior Services  
 Call 303-665-9052 or email [olderadults@lafayetteco.gov](mailto:olderadults@lafayetteco.gov) to register.

### The Natural Funeral

July 16, 2-3:30pm  
 Join us as we learn about The Natural Funeral's holistic approach to funerals and cremation. The Natural Funeral serves families in their time of need with unique and personal celebrations of their loved ones. A representative of The Natural Funeral will be discussing: ▶ The spectrum of ecological funeral options offered. ▶ Innovative memorials and celebrations. ▶ The peace of mind that comes with a well-documented plan.

### Art Station – Water-Color Workshop

July 16, 1:30-3:30pm  
 Embark on a journey of creativity with watercolors! Join our delightful and lighthearted workshop series designed to bring laughter and joy. Suitable for all experience levels, the cost covers supplies and expert guidance from our instructor.

### Self-Defense

July 8, 1:30-3:30pm  
 Learn how to protect yourself in this twohour introduction to self-defense led by Stuart Carpey, a highly experienced fourth-degree black belt in Jujitsu with over

25 years of martial arts instruction. Gain valuable insights into self-defense principles, enhance situational awareness, and acquire essential skills to protect yourself. Please come dressed in athletic attire and shoes to make the most of this experience.

### Protect Yourself from Home Contractor Fraud

July 31, 2-4pm  
 As a homeowner, hiring a contractor is likely on your to-do list. Whether it's a licensed professional like a plumber or electrician, or a company for large renovations, this presentation highlights essential considerations before entering a contract with any home repair or remodeling professional. Presented in partnership with the Boulder County District Attorney's Office. Get informed before you commit to your home project!

## Part Time SALES!



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Call Robert at 303-694-5512 For Details.

# 50 Plus Marketplace News Crossword Puzzle

July 2024  
 Answers page 7

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
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### ACROSS

- 1 Mixture of smoke and haze
- 6 Crowd
- 9 Upswept hairdo
- 13 Intense light beam
- 14 Matured
- 15 Native of Thailand
- 16 Lacking human emotion
- 18 12th month of the Jewish calendar
- 19 Step in ballet
- 20 Bucket
- 21 Cloak
- 22 Prod
- 24 Automatic pistol
- 25 Testify under oath
- 28 Virtual
- 30 Egg-shaped

- 31 Brief advertisement
- 33 Perceive with the eyes
- 36 Louse egg
- 37 Derive
- 38 Attempt
- 39 Biblical high priest
- 40 Nymph presiding over rivers
- 41 Salt water
- 43 Skin of the upper part of the head
- 45 Intoxicated
- 46 Analyze a metallic compound
- 48 Dash
- 49 Storage shelter
- 50 Worn by women in India
- 52 Hawaiian food
- 55 Male parent

- 56 Study of earthquakes
- 59 Ireland
- 60 River in central Switzerland
- 61 Book of the Bible
- 62 Let it stand
- 63 Wield
- 64 Aquatic mammal

### DOWN

- 1 Slide
- 2 Mother
- 3 Serpents
- 4 Letter Z
- 5 Sin
- 6 Prefix for small
- 7 Gemstone
- 8 Ten decibels
- 9 Womb
- 10 Inflammatory
- 11 Meat stew braised in red wine
- 12 Oilcan
- 14 Highway
- 17 Foretell
- 22 Obtained
- 23 Single unit
- 24 Laboratory
- 25 Completed
- 26 Wicked
- 27 Pastry shop
- 28 Quadrangle
- 29 Vase
- 31 Radar screen element
- 32 Meadow
- 34 Sea eagle
- 35 Having eyes
- 37 Girl or woman
- 40 Denial
- 41 Bleat of a sheep
- 42 Flee
- 44 Having cadence
- 45 Slender
- 46 Donkeys
- 47 Garment
- 48 Scottish Gaelic
- 50 Authenticating mark
- 51 Breezy
- 52 Pillar
- 53 Double curve
- 54 8th month of the Jewish calendar
- 56 Plant juice
- 57 Exclamation of surprise
- 58 Destiny



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