

50 Plus Marketplace



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

June 2024 • Volume 30 • Issue 6

CU Boulder Presents Shakespeare's MacBeth!

If you're familiar with Shakespeare, you're familiar with "Macbeth." Whether the play was required reading in school or even if you're just familiar with the cultural references, double, double toil and trouble, anyone? You know the story. Or you think you do!

Most likely, there's the "Macbeth" you have been taught and then there's the play as it was actually written, says Colorado Shakespeare Festival managing director Wendy Franz, who will direct CSF's 2024 production.

"As I dug into the layers of research, I realized how so much of what we think we know about this play is seen through a historical lens of misogyny," Franz says.

Take the three witches. No character onstage actually refers to them as such; they are the "weird sisters," as in the Old English word "wyrd," meaning fate, destiny, or fortune. The addition of witchcraft is a cul-

tural evolution, likely driven by Western society's relationship to feminine power. (You can read a more in-depth analysis on witches and wyrd-ness in the festival's program.)

Or Lady Macbeth. While she's certainly written as cunning and perceptive, many of her more notorious characteristics as we know them are actually indicative of a woman who is devoted to her husband and his goals, rather than her own. Is she ambitious and conniving? Or is she supportive and deeply loyal? How have cultural expectations of the "good wife" shaped our understanding of her character? Still, that doesn't mean we can't learn from his story.

"This is a play that has sparked so many people's imaginations and has so many interesting moral questions. I believe that one of the great tragedies is that Macbeth ignores so many opportunities to choose the right

thing," Franz says. "And the other tragedy is that when people turn away from each other instead of toward each other, that's when the world falls apart.

"The people who ultimately prevail in the play are those who turn toward each other and figure out a way to trust each other against all odds."

The Colorado Shakespeare Festival presents "Macbeth" in

the Roe Green Theatre from June 8 to Aug. 11, 2024 at the Roe Green Theatre in the University Theatre Building, 261 University of Colorado in Boulder. Tickets range from \$22-\$76 and a charge of 10% service fee for single tickets (or a \$10 + 2% fee for season tickets). Tickets are available by calling 303-492-8008 on M-F 10 am to 5 pm.



Ballet in the Park

Welcome to Ballet In The Park! Join us for a magical evening of performances under the stars at the beautiful Boulder Bandshell. Watch Boulder Ballet's professional company bring classic and contemporary excerpts from the season to life in this outdoor setting. Bring your picnic to enjoy enchanting entertainment (one evening and one afternoon performance). Don't miss out on this unique experience of ballet. See you there!

The last performance of the Boulder Ballet is scheduled for June 1-2, 2024, at the Boulder Bandshell. As the temperatures rise again, Boulder Ballet is thrilled to bring back this family-friendly performance at Boulder's iconic outdoor venue, the Glen Huntington Band-

shell. This mixed repertoire program features a collection of short works that showcase the expansive range of ballet and the incredible works that have



been performed throughout the season.

Tickets are \$13 including tax. Order tickets at 303-443-0028 or online at www.eventbrite.com.

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Seven Effective Job-Hunting Strategies for Older Adults!

Tuesday/4

Boulder Genealogical Society presents a free program on “Preserving Family Photos – Keeping Images Safe” by Roger L. Dudley at the Calvary Baptist Church (3245 Kalmia Ave in Boulder) at 7 pm. Precious family photos deserve to be preserved in their original form. Therefore, copies should be displayed digitally, on walls, and in scrapbooks. Register online at www.bouldergenealogy.org/ for the Zoom info.

Wednesday/12

Longmont Genealogical Society presents a free hybrid program on “What is a Professional Genealogist and How Can a Professional Benefit Me?” by Mark Fearer and Sylvia Tracy Doolos at the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont at 1 pm. Mark and Sylvia are both members of the APG and will answer your questions about what they have learned to be efficient and effective researchers. Register online at www.longmontgenealogicalsociety.org for the Zoom info.

Saturday/29

Boulder’s Central Park 100 Year Ceremony is a free event hosted by: The Museum of Boulder, Historic Boulder Inc., The Boulder Chamber of Commerce, Boulder Farmers Market, Right Relationship Boulder, The City of Boulder Arts in the Parks Program, Create Boulder, & The School of Rock Boulder at the bandshell located on Canyon and Broadway in Boulder from 11 am to 2 pm.

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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The numbers tell the tale: more older adults are either returning to the workforce or seeking employment for the first time. According to the U.S. Bureau of Labor Statistics, the labor force among adults age 75 years and older is projected to surge by 96.5% over the next decade. By 2030, 9.5% of the civilian labor force is expected to be older than 65.

There are many reasons why older adults are rejoining the workforce. Financial strains brought on by the COVID-19 pandemic shrunk retirement savings for many baby boomers. Rising prices caused by inflation are squeezing retirees who are living on a fixed income. Extending their working years can give older adults an extra cushion in their budget and added peace of mind.

And some older adults simply want to work. They aren’t ready for a leisurely retirement, and they enjoy the mental, physical, and social benefits working brings. Mature generations bring industry insights and experience to the workplace that their younger counterparts cannot. They’re also dependable and hard-working, with a solid work ethic that can sometimes be in short supply these days.

Is it hard for a 60-year-old to find a job? Despite the value older workers offer, older adults can still face challenges when looking for employment. Knowing where to find jobs for seniors over 65 is the first step. Whether you’ve been out of the workforce for years or it’s your very first job search, below are seven practical tips to help you succeed.

1. Browse advertised job openings

How can I get a good job when I’m older? Seniors looking for employment often start with advertised job openings. You can find hundreds of job openings posted on company websites, online job boards and career portals, and social media sites (like Facebook). You’ll also find positions listed in trade journals and your local newspapers. Some places, such as grocery stores and libraries, even advertise for workers by posting a flyer in their window.

One drawback of applying for advertised jobs is that many other people may be competing with you for the same job. To make sure you don’t spend too much time on these listings: 1) Focus your efforts on just one or two specific sources, such as a job site for retired professionals or your local newspaper. 2) Respond to new job openings right away, as long as they appear to be from a familiar, legitimate place of business. Don’t waste your time on old listings. 3) Never give out your credit card number, Social

Security number, or other personal information when responding to job listings.

2. Tap your personal network

While you’ll find plenty of listings on job boards, many more positions are never advertised. Often, businesses prefer to hire through word of mouth. That’s why a great source of job leads is people you know from friends and family members to neighbors and former co-workers. Tell people you’re actively looking for a job and ask if they know of any local businesses looking to hire. Don’t be afraid to ask for a referral if a job seems like a good fit. Those who know and like you are rooting for your success!

If your social network is small, try expanding it by volunteering for a local charity, joining a local networking club, or attending events related to jobs you’re interested in. Once you’ve spotted an opportunity, aim to learn more about the company and its needs. Call the referral directly to introduce yourself and find out how to apply for open positions.

3. Call your local staffing agencies

Employers looking to bring on people immediately will often work with a staffing agency to fill a vacancy as quickly as possible. While some positions will be temporary, some employers are hoping to fill open positions permanently. Working for a staff agency on a temporary basis may be particularly attractive if you need immediate income while you continue your search for a permanent position.

4. Visit your local American Job Center! In addition to providing general job search services, American Job Centers have relationships with many of the major employers in the region they serve. Find an American Job Center near you and reach out to learn about local job openings.

5. Try cold calling! Try certain companies for which you’d really like to work! Reaching out directly to hiring managers by phone to see if there are any currently open positions, or if there will be in the near future. They might not have any jobs available right now, but they could point you to other opportunities within the organization. Be sure to keep a list of names and companies to keep track of who you’ve contacted. After one or two calls to a single contact with no progress, it’s time to move on.

6. Attend a job fair! Larger organizations often hold job fairs to give hiring managers the chance to talk directly with potential employees. A job fair may also represent multiple employers within a single industry. Although these

events can sometimes get a bad rap, they can be especially helpful for older job seekers. An in-person job fair gives you the chance to speak face to face with people in charge of doing the hiring at their company. You’ll be able to practice “selling yourself.” You’ll get real-time feedback from employers and a sense of the kinds of questions they ask. Job fairs also allow you to hand your resume directly to a person, rather than having it get swallowed up in the black hole of online job boards and mailed resumes.

7. Apply for the Senior Community Service Employment Program (SCSEP)! The Senior Community Service Employment Program (SCSEP) helps older adults get training skills and job placement to re-enter the workforce. You must be at least 55 years of age and have low income to qualify for the program. SCSEP matches applicants with part-time training positions in community service. You’ll get the chance to earn money while building valuable skills and self-confidence. Jobs offered through SCSEP range from teachers’ aide and childcare provider to maintenance worker.

Most older adults who take part in SCSEP are able to find gainful employment. Ena Nearon, 72, is a perfect example. When she found herself unemployed and in need of additional income during the pandemic, Nearon applied for SCSEP. She received interviews and skills training and gained the confidence to apply for a job with the Northern Kentucky Community Action Council. She now helps people sign up for health benefits and loves her new job.

NCOA has an online employment tool called Job Skills Check Up that helps older adults get tips on how to succeed as a mature worker. All you have to do is tell us about your goals, describe your current employment situation, and the Job Skills Check Up will create a personalized plan to help you find job openings, build a professional network, prepare for job interviews, and more.

As a mature jobseeker, it’s natural to have some fears. You might worry about your ability to keep pace with younger co-workers, adapt to new technologies, or handle other demands of employment. But keep in mind all the value you bring to the workplace: life experience, wisdom, creativity, and a willingness to learn new things. When you combine these qualities with the strategies in this article, you’ll be well on your way to landing the job of your dreams. Courtesy of National Council on Aging!

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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. 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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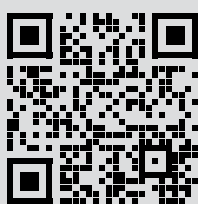
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Pets Are Family

What is Animal Enrichment?

If you're an animal lover, you've likely heard or seen the term "enrichment" in the context of animal welfare; but what exactly is it? Enrichment is anything that enriches or improves an animal's life and allows them to express natural behaviors in a way they find mentally and physically stimulating.

Providing enrichment aims to reduce frustration, boredom, and environmental stress, which can ultimately benefit your pet's overall physical, mental, and emotional health. Enrichment affords your pet choice and control by allowing them to interact with their environment on their own terms, and allows them to use their bodies,



Judy Calhoun

minds, and senses to connect with their social or environmental surroundings.

Some examples of enrichment activities include: dog park, one-on-one visit with a friend, extra snuggle or play time, new toys, interactive feeder toys, pet-friendly YouTube channels, pheromone sprays or diffusers, snuffle mats, lick mats, scented toys, "pupsicles," scented toys, a training session, a new bed or comfy space, outdoor adventures, etc.

You may already be doing some of these activities with your pet, and that's awesome! Remember to provide enrichment on a daily basis, and provide enrichment that

often changes or increases in difficulty. Imagine finding the exact same crossword puzzle in the daily paper – you would lose interest as it's no longer mentally engaging.

When deciding which types of enrichment would be best, consider their individual needs, personality, and species. For example, a dog that's nervous around new people won't benefit from being taken to your favorite brewery during happy hour.

These activities can also improve your human-animal bond – try some of the above activities, or get inspiration from resources online. When trying a new form of enrichment, always supervise your pet for safety and comfort. Have fun! Learn more at noco humane.org.

Now Hear This

The Link Between Hearing Loss and Dementia



Dr. D'Anne Rudden

Hearing loss is common as people age. While a natural part of aging, it can also be a sign of something more serious. Studies have shown that people who develop hearing problems between the age of 40 and 65 have an increased risk of developing dementia. Sometimes, hearing loss is an early symptom of dementia. One theory explaining the connection between hearing loss and dementia is the brain spends extra cognitive power to decode sounds, meaning there are fewer resources available for other cognitive tasks.

People with hearing problems may choose to engage less in

social settings, spending more time alone. Social isolation and depression are also risk factors for dementia. While it may be tempting to brush hearing loss off and ignore it, that will only make matters worse! Getting your hearing tested should be taken seriously; it is one of the ways you can proactively work toward reducing the risk of dementia.

Research has shown that the use of hearing aids may reduce the risk of dementia to the same level as that of a person with normal hearing. Because hearing aids improve communication and social interaction, using them may lower the risk of social isolation and cognitive decline.

It's important to note —developing hearing loss does not mean you will have dementia—

it only means hearing loss is a risk factor for dementia. Scheduling an appointment with an audiologist is a great way to get a comprehensive hearing test and establish the current status of 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 those right in Longmont!

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Understanding The Energy Employees Occupational Illness Compensation Program Act

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

Available Compensation for Workers Under Part B

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

Available Compensation for Workers Under Part E

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

Medical Benefits Covered

Medical benefits for specific covered conditions include; no cost for doctor visits, medical treatments, consultations, inpatient and outpatient hospital charges (including ER visits), prescriptions prescribed by a physician, durable medical equipment (DME), and more.

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Fathers Day Quotes

Denzel Washington

The strongest, toughest men all have compassion. They're not heartless and cold. You have to be man enough to have compassion — to care about people and about your children.

Margaret Truman

A father's smile has been known to light up a child's entire day.

Steve Martin

A father carries pictures where his money used to be.

Nelson Mandela

To be the father of a nation is

a great honor, but to be the father of a family is a greater joy. Sidney Poitier I decided in my life that I would do nothing that did not reflect positively on my father's life.

Billy Graham

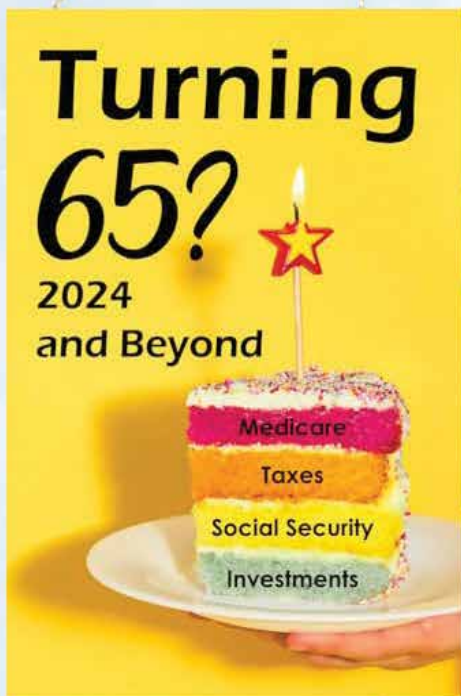
A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.

Dwayne "The Rock" Johnson

I realized being a father is the greatest job I have ever had and the greatest job I will ever have.

continued on page 7

For your free copy of the book call 303-776-0867



For those of you already past 65, if you have Medicare questions why not get the answers from a local agent.

Ron Vejrostek and Brianna Marshall
303-776-0867

Colorado Gerontological Society

Hearing Loss Contributes To Epidemic Of Loneliness And Isolation



Eileen Doherty

Denver, CO. The United States Surgeon General Dr. Vivek Murthy has issued an Advisory on the US Epidemic of loneliness and isolation. Dr. Murthy noted "the epidemic of loneliness and isolation has been an under-appreciated public health crisis that has harmed individual and societal health".

The physical health consequences of poor or insufficient connection include a 29% increased risk of heart disease, a 32% increased risk of stroke, and a 50% increased risk of developing dementia for older adults. Additionally, lacking social connection increases risk of premature death by more than 60%.

Loneliness and isolation contribute substantially to mental health challenges. The risk of developing depression among people who report feeling lonely is more than double that of people who rarely or never feel lonely.

Research suggests that hearing loss is also associated with loneli-

ness and social isolation. Funding for hearing services has been reduced. Current Colorado policy decisions to reduce funding for hearing services will contribute to US epidemic of loneliness and isolation.

Launched during the pandemic, the Colorado Gerontological Society's Telephone Buddies helps to combat loneliness and depression. For the past four years, Telephone Buddies have been connecting regularly by phone to reduce isolation and loneliness. Approximately 20% of the older adults are either currently receiving or have requested mental health counseling for depression, grief or loss.

While a Telephone Buddy does not solve the bigger problem of hearing loss, it may help with well-being. With the research findings, the Society is planning to expand grants for hearing services in light of the strong relationship between hearing loss and isolation and depression. More Telephone Buddies are needed as well. Call 303-333-3482 or visit our website at www.senioranswers.org to volunteer.

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

How Older Adults Are Changing America

Take a look around. We live in a country that is being transformed in ways both obvious and hidden by older Americans. Our growing numbers and enduring vitality ensure that this disruption will continue to roll through the American economy, culture, society, and politics penetrating deep into the very marrow of the nation.

We the people, at midlife and beyond, represent the third-largest economy in the world, after China and the U.S. as a whole. But we are more than just consumers and wealth holders: We are workers, thinkers, influencers, and innovators with the power to shape markets and exert pressure on corporations and elected leaders.

And we must use that power to push for an America that is better prepared for our needs as we—and those who follow us journey through life to old age. That's a good story, and it's ongoing. From work and jobs to health care and leisure pursuits, things look the way they do because of your power. And there's more change and a brighter future coming for everyone. Let's take a look at this phenomenon one sector at a time.

Despite decades of rampant ageism in the workplace, the number of workers 65 and older has mushroomed by 117 percent in a span of 20 years, according to the U.S. Bureau of Labor Statistics. Remarkably, employment of individuals 75 and older has increased by the same percentage.

And the trend is going strong. "I'm getting a lot of requests by employers to talk to their teams about how they can integrate older workers in their workforce," says Janine Vanderburg, senior strategist for Changing the Narrative, a national campaign funded by the NextFifty Initiative to end ageism.

Hiring older workers is not mere altruism: An estimated 10 million jobs in America are sitting unfilled. This has forced a change in recruitment to target those of

all ages, Vanderburg says. Older workers' preference for remote work, especially in retirement, is pushing employers to be more flexible about where work happens. There are also greater opportunities for part-time work.

One company with an informal "phased retirement" program is the financial services firm Principal. Employees 57 and older with at least 10 years of service are able to transition from full-time to part-time jobs. Principal also has a "boomerang" program that allows former employees to return as part-timers. "We're encouraging managers to engage with folks who are planning to retire and have a discussion about the parts of the job that the person really enjoys and what the needs of the company are," says Jon Couture, Principal's chief human resources officer.

Tax preparation firm Jackson Hewitt is increasingly hiring retirees from January through April. "We find that retirees are really great at being interactive with clients and showing empathy," says Alicia Branon, Jackson Hewitt's director of talent programs and attraction.

Another trend is "returnships," short-term employment programs intended to help people who have been out of the workforce ease their way back in. Trimble, a global industrial technology company, has partnered with the nonprofit Path Forward since 2020 to offer returnships. Most participants then get full-time jobs at Trimble, the company reports.

Finally, AARP continues to expand its Employer Pledge program, in which companies commit to equal consideration of all job applicants regardless of age. Last year, 568 additional companies with a total of 1.5 million employees signed the pledge, up from 477 new signers with 1.1 million workers in 2021. Article courtesy of AARP.

Social Security Today

Ready To Retire?

Apply Online With Social Security

Sometimes new genealogy researchers complain when there are gaps in records or digitized documents that are hard to read. As an official "old-timer," I want to point out that for genealogists, this is the best of times.

In 2002, the 1930 U.S. census was released to branches of the National Archives and was accessible only at those locations. There was no every-name index until a year later when volunteers completed the task. Printouts of whole census pages came out on 11x17 sheets of paper. Some of us still have those unwieldy rolls of paper in a closet somewhere.

It wasn't until 2012 that the 1940 census was released to the public and close-up focus and snipping tools enabled us to save the pertinent information in our documents. We've come a long way.

Likewise, as an old-timer, I remember sending checks to purchase birth, marriage and death records and Civil War compiled service records that are now online. We also now have access to new records that

are being added daily to our online databases.

Since 2012, digitization of documents and photos has allowed researchers to view and preserve images of records that support our research conclusions. I recently read the digitized original will of the second husband of my ancestor's first wife which named all three of her children by her first husband who were still alive 40 years after their births. I was able to access the will on FamilySearch.org due to that site's fantastic dedication to digitizing their documents.

If you are grumbling about the cost of a subscription to Ancestry or puzzling over access to documents on FamilySearch.org, take a minute to do the happy dance to celebrate all that is available to us from the comfort of our living rooms as we work to reconstruct our family history.

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 gensoc.us.



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Mental Health To All the Fathers



Dr. David Remmert

Father's Day gave me the smoker so can't complain, right? Wrong. They could complain and I'd come up with some complicated and costly solution out in the farthest corner of the yard. They put up with it because they love me, and they love to see the passion I have for Father's Day. It was a simple and small charcoal smoker without many bells or whistles, but – like a fish to water – I quickly consumed everything there was to learn about smoking food. To date, I have perfected recipes for brisket, ribs, pulled pork, salsa, chili, burnt ends, jerky, cheese, and my recent obsession, bacon. I have, in the learning process, filled the house with smoke, ruined a refrigerator, stained carpets, taken over a freezer, and even accidentally burned a curious dog.

Other than the occasional eye roll, my kids have indulged my passion in spite of the fact that my daughter is a vegetarian and my son eats only pizza. But they

And to all you step-fathers like me, know that you are among the luckiest dads because you know that your kids chose you as the person they trust most in the world to protect and counsel them along their paths to adulthood and parenthood of their own.

Dr. David Remmert is a Longmont-based psychologist at Mental Health Partners, a community mental health nonprofit serving Boulder and Broomfield counties since 1962.

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HAPPY
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from

50 Plus Marketplace

Ron Stern's Travel Series Brush Creek Ranch, Wyoming

Located about 20 miles from the small town of Saratoga, Wyoming, and 2 hours from Cheyenne, Brush Creek Ranch is nestled between the Sierra Madre mountain range and Medicine Bow National Forest. Travel + Leisure has rated this luxury, all-inclusive dude ranch as the #1 resort in Wyoming (Readers Favorites 2023).

Set on 300,000 acres of pristine land in the North Platte River Valley, the ranch is open year-round and offers more than one hundred activities that include

fly fishing, horseback riding, trail adventures, spa and wellness services, and an entire range of culinary experiences.

My visit was in the spring and was primarily interested in their food programs, such as their three-day fully immersive epicurean programs which do cost extra. Here you can learn about baking, chocolate making, how to distill spirits, cheese making, and much more.

The Farm at Brush Creek is located a few miles from the main lodge where you can indulge all your food fantasies. The on-site Medicine Bow Creamery makes an unbelievable goat's milk caramel with honey that has been aged in whiskey barrels.

Overall, the meals here are spectacular, with most of the ingredients coming from their own

greenhouses, creamery, and American Wagyu cattle herd. Meals are served in several venues, including the Trailhead Lodge (breakfast), Pioneer Kitchen (lunch/dinner) and their fine dining restaurant called The Cheyenne Club. The club is where you can enjoy prime Wagyu steaks and other deliciously prepared meals accompanied by wines from one of the largest collections in the world.



As you might expect, accommodations are western-themed, with rooms in the main lodge as well as 25 log cabins around the property. Not only are the beds and pillows super comfortable but they all are outfitted with the most modern conveniences. This includes fireplaces, marble vanities, large bathrooms with rain showers, upscale bath amenities, coffee makers and rustic furnishings.

Most meals and activities at the ranch are included in the price, and a la carte services are extra. If looking for an upscale, romantic get-a-way or a place that grandchildren will love, Brush Creek Ranch should be at the top of your consideration list.

FTC Disclosure: This was a sponsored visit, however, all opinions were based on the author's honest assessment.



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Poetry Rising

Ah, summer. Head for the hills. Leave the tumult behind and welcome the delight of Mother Nature's precious gifts. This poem was written in the fall of 2020, and it seems to be so relevant today. As we hunger for peace in the world, may we celebrate the peace in our own hearts and the peace that comes to us when we take time.

ROCKY MOUNTAIN TONGLLEN

It had been a long time
since we had been able
to get out of the city

To walk haltingly over rocks
and tree roots
up to the view spot
surrounded by towering pines.

Total silence.
A gentle breeze came through,
but the trees stood still for me
and I froze in place.

Then the stillness awakened that other sense
that so often slips on by.
You know,
the one that affects us all the time
but we forget
to celebrate its magic?

It was the scent of pinecones
crunching beneath my feet.
Yet the air itself
was empty.

It was that purity
that took my breath away.
No smoke,
no exhaust fumes,
nothing to remind me
of breathing where people live.

Just the green growies,
the smell of dirt
perhaps an animal passing by.

If we did nothing else today
we breathed in truth
and blew out weariness
of what it takes to keep things going.

And in some small way,
for some even smaller reason,
even if it was just one breath
I knew
that all would be well.
May it be so.

(c) Barbara Wood Gray
"Sharing the Song"
<https://www.youtube.com/@SharingTheSong/videos>

Fathers Day Quotes

continued from page 5

Liam Neeson
It's an ongoing joy being a dad.

Unknown
A father is someone you look up
to no matter how tall you grow.

Unknown
"Happy Father's Day to all the
dads, the not yet dads, the step-

dads, the moms who are dad, the
adoptive dads, the granddads, and
the dads who are no longer with
us."



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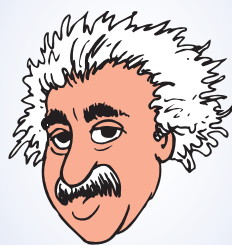
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Genealogy Rocks!



Carol Darrow

Sometimes new genealogy researchers complain when there are gaps in records or digitized documents that are hard to read. records and Civil War compiled service records that are now online. We also now have access to new records that are being added daily to our online databases.

As an official “old-timer,” I want to point out that for genealogists, this is the best of times. Since 2012, digitization of documents and photos has allowed researchers to view and preserve images of records that support our research conclusions. I recently read the digitized original will of the second husband of my ancestor’s first wife which named all three of her children by her first husband who were still alive 40 years after their births. I was able to access the will on FamilySearch.org due to that site’s fantastic dedication to digitizing their documents.

In 2002, the 1930 U.S. census was released to branches of the National Archives and was accessible only at those locations. There was no every-name index until a year later when volunteers completed the task. Printouts of whole census pages came out on 11x17 sheets of paper. Some of us still have those unwieldy rolls of paper in a closet somewhere. If you are grumbling about the cost of a subscription to Ancestry or puzzling over access to documents on FamilySearch.org, take a minute to do the happy dance to celebrate all that is available to us from the comfort of our living rooms as we work to reconstruct our family history.

It wasn’t until 2012 that the 1940 census was released to the public and close-up focus and snipping tools enabled us to save the pertinent information in our documents. We’ve come a long way.

Likewise, as an old-timer, I remember sending checks to purchase birth, marriage and death

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.

City of Boulder Adding Two New Trails

The City of Boulder’s Open Space and Mountain Parks (OSMP) Department anticipates completing the construction of two new trails this summer. The two new trails are just a part of an extensive trail repair, construction and maintenance program OSMP plans to implement in 2024 to help community members enjoy Boulder’s open space.

OSMP is nearing completion of the new 3.5-mile North Sky Trail, which will connect the city’s Foothills Trail to the Joder Ranch Trail north of Boulder, and planning to open it in mid-July. OSMP also anticipates completing the new 1.5-mile Vesper Trail on Gunbarrel Hill near the intersection of 75th Street and Lookout Road in late June. Planned trail opening dates depend on the weather.

The department also plans to conduct many other trail construction, repair and maintenance projects in 2024 to help fulfill past trail planning processes and the department’s long-term strategic plan, which has identified trail maintenance as a key departmental priority. Upcoming trail and trailhead improvement projects include:

1. Sawhill Ponds Trailhead: OSMP will implement several trailhead improvements, including constructing a new fishing pier, enhancing bus parking and upgrading a “bird blind” to help visitors observe wildlife, improve parking and the Sawhill Ponds Trail for community members experiencing disabilities, helping them to experience the fishing pier and picnic areas better. OSMP plans to complete this work in the fall.

2. Shale and western Eagle Trails: OSMP will construct the new Shale Trail, which will connect Boulder Valley Ranch Trailhead to city-managed open space on a mesa north of Boulder. The trail will be open to horses and hikers, reroute a steep, erosive section of the western part of Eagle Trail to improve the trail experience for hikers, mountain bikers, and equestrians. OSMP anticipates beginning this work late this year and lasting into 2025.

3. Cobalt Trail: OSMP will reroute the trail to improve drainage, avoid rare and sensitive plants, and create a better visitor experience. Work is expected to start in the fall.

4. Mount Sanitas Trail: OSMP will continue repair and maintenance efforts on the Mount Sanitas Trail this summer. This work will include replacing old trail infrastructure, installing new steps and conducting repairs to reduce soil erosion, help us protect veg-

etation in the area by staying on trail and walking through mud to help us minimize “trail braiding” caused by visitors walking off trail.

5. Royal Arch Trail: OSMP will continue ongoing work to improve the trail by installing additional timber stairs near the end of the trail. Trail work is expected to occur this summer.

6. Chapman Drive Trailhead: Trailhead improvements will include a new pedestrian bridge connecting Boulder Canyon Trail to the Chapman Drive Trailhead across Boulder Creek, improve parking at the trailhead, include more bike racks and a new picnic table. This work is expected to occur in the fall.

7. New bridge over South Boulder Creek: OSMP plans to install a new bridge over South Boulder Creek, build a new, small trail to connect community members living near South Boulder Road, and Cherryvale Road to the new bridge. The department also will remove invasive species as part of ongoing work to help protect rare and federally threatened wildlife and plant species in the area. The department plans to begin work this fall.

8. Cragmoor-Shanahan Connector: OSMP will design and designate the trail connection between Cragmoor Connector and North Fork Shanahan Trail on Shanahan Ridge in South Boulder. OSMP plans to conduct trail construction work this summer. The current undesignated trail alignment will be restored after the new alignment is completed.

9. Eagle and Sage trails: OSMP recently completed extensive maintenance work on the eastern sections of Eagle and Sage Trails north of the city. These trails provide important connections into Boulder from neighboring communities and areas north of the city.

The department will conduct trail several other repair projects and trail reroute efforts in the following areas: Buckingham Park, Baseline Meadow, East Boulder – Gunbarrel Trail, Greenbelt Plateau, LeHigh Connector North, The Peoples’ Crossing, & Saddle Rock Trail.

OSMP reminds community member to visit OSMPTrails.org to see current closures across the city’s trail system. Visitors can view alternate trail and trailhead destinations at through our trail and trailhead website search feature.

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Introducing New Museum Leader, Christopher R. Taylor!

The Museum of Boulder is delighted to announce that Christopher R. Taylor will succeed Interim Director Bob Yates as the institution's new Executive Director, effective early June 2024. Taylor's appointment comes at a pivotal moment in the Museum's history as it celebrates its 80th anniversary this fall. Most recently the Executive Director of Pilchuck Glass School, the famed international center founded by Dale Chihuly, Taylor has a strong reputation as a passionate nonprofit leader who enhances the value of any institution he serves.

Susan Glow, Chair of the Museum of Boulder's Board of Directors, expressed her enthusiasm about Taylor's appointment, stating, "Following an exhaustive, nationwide search, we are delighted to welcome Christopher to Boulder as the next leader of our Museum. His experience, knowledge and passion for museums will undoubtedly help shine a new light

on our institution, while guiding our staff, our members and the Museum community at large through the next phase of growth and sustainability."

Taylor was attracted to the Museum's role as a dynamic reflection of our community, where history serves as a vital resource for understanding our own lives and times. In accepting the job, he stated, "Boulder is my kind of town — from the rich history and natural wonder to the vibrant cultural life and the friendly people. I'm honored to have been selected to lead the Museum of Boulder and look forward to serving the Greater Boulder community and beyond."

The Museum's Board of Directors invites museum members and the broad community to join in welcoming Chris to Boulder and looks forward to embarking on this exciting new chapter in the Museum's history.

Courtesy of The Museum of Boulder

Flag Day June 14

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

"We identify the flag with almost everything we hold dear on earth; peace, security, liberty, our family, our friends, our home... But when we look at our flag and behold it emblazoned with all our rights, we must remember that it is equally a symbol of our duties. Every glory that we associate with it is the result of duty done." — Calvin Coolidge

"The things that the flag stands for were created by the experiences of a great people. Everything that it stands for was written by their lives. The flag is the embodiment, not of sentiment, but of history." — Woodrow Wilson

"When we honor our flag we honor what we stand for as a Nation — freedom, equality, justice,

and hope." — Ronald Reagan

"You're the emblem of the land I love. The home of the free and the brave." — George M. Cohan

"Oh! say, does that star-spangled banner yet wave, o'er the land of the free and the home of the brave?" — Francis Scott Key

"A flag appears 'mid thunderous cheers, the banner of the Western land. The emblem of the brave and true." — John Philip Sousa

"A man may climb Everest for himself, but at the summit he plants his country's flag." — Margaret Thatcher.

"The flag embodies the experiences of a great people, a symbol written by their lives. It is not just a sentimental emblem but a reflection of our history." — Woodrow Wilson

'Panda-monium'

Who would opt for a holiday visit to China? It's not exactly among the world's more glamorous holiday destinations. But if you love pandas it's where you'll find them — usually. But beware: at least one zoo in China has run out of pandas and has been replacing them with Chow Chow dogs whose fur has been trimmed and dyed black-and-white to resemble the iconic Chinese bears.

He Did It With 'Gator Aid'

A trapper from the Florida Fish and Wildlife Conservation Commission wrestled with a nine foot long alligator that showed up at an elementary school in Wesley Chapel, FL recently. The gator won the first round when it tossed him off its back. But in the end the trapper, with help, was able to subdue the nasty critter as kids were leaving school for the day.

Protect Your Online Identity With Strong Passwords!

World Password Day is an annual event dedicated to promoting awareness about the importance of strong password security practices. In May, people and organizations all over the world will work to encourage better password habits to keep our online data and accounts safe and secure.

Here are some tips to help make sure your passwords are strong:

- Create passwords with at least 12 characters and include letters, numbers, and symbols.
- Instead of passwords made up of random, mixed characters, use phrases that are longer and easier to remember.
- Use a unique password for each account to prevent hackers from accessing multiple accounts if one password is stolen.
- Change your passwords regularly and avoid using easy to guess information such as birthdays or a pet's name.
- Add an extra layer of security to your accounts by using multi-factor authentication,

a sign-in process that requires a password plus additional information. That second factor could be a one-time only code sent by text or email.

The protection of your online identity is not only about creating passwords that are hard to guess. It's also about being careful how you store and share your passwords.

Another option with Windows 10 or 11 computers is to use their bitlocker memory protection for internal or external memory storage drives. By adding passwords to your primary or secondary memory drives, hackers cannot access your vital information or hold you ransom! Computers can use this protection on your primary drive which also has your Windows operating system!

Stay informed about the latest online threats and trends. By being vigilant, you can protect yourself and your online activity from people who want to do harm. Courtesy of AARP.

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Reflections

He's My Hero!



Martha Coffin Evans

Recently I attended lectures from finalists for a music position in an area my father, Berton Coffin, established. His approach dealt with the teaching of singing: vocal pedagogy. He wanted to know about sound and the difference singing on various vowels would make.

Upon my introduction to one of the candidates, the response was, "He was my hero!" I responded, "Mine too!" Much to my surprise, I felt a rush of emotions although no tears fell.

Where did that emotion come from, I wondered? Was it years of growing up watching my father's curiosity become transformed into almost a dozen books about his subject? Was it watching him being ahead of his time in his research and teaching as others were skeptical of his approach?

Perhaps knowing now his impact is still being felt added to that emotion. I wish my father, who died in 1987, could know the regard with which he is held even that "hero" status.

Without checking Webster's definition of a hero, I thought about what he did. My father took

his inheritance from his maternal grandparents and funded his doctorate at Columbia University. Some questioned his decision. He knew the value and importance of that degree.

Maybe watching how he stood up, much to the disagreement of other colleagues, when he found a newly hired faculty member's credentials were questionable, increased my admiration. His was an "harder right" than an "easier wrong." Eventually, the faculty came around and the new hire left.

As a young teacher, I wrote my parents I was going to quit. My students weren't getting it. Father's encouraging, and most treasured, letter urged me to keep on, giving my students a chance to come around. They did and I didn't quit!

He believed in what he was doing and never quit in spite of the skeptics. Just maybe, that's what a hero does.

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

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

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

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

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

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

Ingredients:

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

Instructions:

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

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

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

Tip: Flavor Maker Egg Topping Seasoning is also great sprinkled on scrambled or fried eggs or stirred into omelets and breakfast casseroles.

This versatile collection of spices is available in the following varieties: Chicken, Veggie, Pasta, Avocado, Egg, Sandwich, Pizza, Chili, Salmon, Potato, Asian-style Rice Bowl, Mac & Cheese, Mediterranean, Ramen and Taco. To shop the collection, visit shop.mccormick.com/collections/flavor-maker, Walmart.com, or head to a Walmart to find select products on store shelves.

Big flavor doesn't have to be accompanied by maximum effort. With well-crafted spice blends, you can simplify meal planning and easily turn breakfast, lunch and dinner into a culinary adventure.

Helping You Get The Most out of Your Prescription Drug Benefits

(StatePoint) The health care system can feel uncoordinated and costly. One in 10 U.S. adults ration medication because they can't afford their prescriptions, according to the Centers for Disease Control and Prevention. In fact, the more a patient must pay at the counter, the more likely they are to abandon their treatment. Other Americans simply lack convenient access to primary care providers and pharmacies, and go undertreated as a result.

Pharmacy services companies exist to fill these gaps in care. Because these companies sit in the middle of the health care delivery system, they have the unique ability to spot and solve problems across the supply chain to drive affordability and deliver improved clinical outcomes.

"Every day at Express Scripts, we use our clinical expertise and patient-centered programs to help the more than 100 million Americans we serve keep their health on track," says Adam Kautzner, president of Express Scripts, a leading pharmacy services company.

Before filling your next prescription, check out these insights from Express Scripts:

- **Check your coverage:** At a time of rising drug costs and access barriers, some pharmacy services companies are helping people take their medications as prescribed. Express Scripts, for example, was the first in the industry to cap the out-of-pocket costs of insulin and other diabetic treatments, saving people more than \$45 million in two years.

"A prescription drug doesn't work if it's priced out of reach," says Kautzner. "Reducing out-of-pocket costs is the single best thing we can do to improve the health of people we serve."

- **Tools to stay adherent:** Half of all treatments fail because people don't take medication as prescribed and nearly one-quarter of hospitalizations are due to medication non-adherence, according to the American Hospital Association. Further, chronic conditions, such as cancer, diabetes, and heart disease have been on the rise for more than two decades – today, 60% of U.S. adults have at least one chronic condition. One of the biggest – and costliest – challenges with managing the rise of chronic conditions is ensuring patients get on and stay on the medicines they need.

Express Scripts is helping patients better understand and manage their conditions through comprehensive

and digital tools. disease management, including condition-specific coaching, tracking medication adherence, and digital tools.

"By taking medications as directed and working with their pharmacist, patients stay healthier longer and spend less on health care, requiring fewer emergency room visits, hospitalizations and medical tests," says Stephanie Smith Cooney, PharmD, senior director of independent pharmacy affairs at Express Scripts.

- **Understand your pharmacy benefits:** Prescription drug coverage is the most frequently utilized benefit that employers and health plans offer. On average, a pharmacy benefit is used approximately 11 times a year. Unfortunately, pharmacy care benefits, like all healthcare benefits, can be confusing. That's why pharmacy services companies are taking steps to give patients greater clarity. Starting this year, prescriptions from Express Scripts include an easy-to-understand digital pharmacy benefits statement with drug price information, out-of-pocket costs and the value delivered.

- **Pharmacy access:** Pharmacists often fill care gaps in their communities, particularly where there are shortages of physicians, such as in rural areas. One in five Americans live in rural areas, yet less than 10% of physicians practice in these communities. This means longer wait times to get an appointment and more difficulty accessing pharmacies.

A new effort called the IndependentRx Initiative, is working to expand pharmacy care services to widely include such care as smoking cessation support, behavioral health screenings, biometric screenings, routine vaccinations and the administration of life-saving naloxone. The Express Scripts program will also increase what it pays rural independent pharmacies to make sure their businesses can continue to serve their communities.

To learn more, visit evernorth.com/affordableforall.

Ensuring equitable access to affordable, quality pharmacy care and health services will not only improve health, but it will also help individuals, families and communities thrive.



Technology is Hip!

How Will Quantum Computers Benefit Us?



Bob Larson

Quantum computing is an area of computer science that utilizes the principles of quantum theory. Unlike current computers, quantum computers operate at the atomic and subatomic levels. Here are the key points about quantum computing:

1. Quantum Bits (Qubits):

- Quantum computers use quantum bits (qubits) to store and process information.

- This property allows quantum computers to perform certain calculations faster and more efficiently than their classical counterparts.

Quantum computers have the potential to revolutionize various fields, although their practical applications are still in the early stages. Let's explore some of the benefits:

2. Complex Problem Solving:

- Quantum computers excel at tackling complex problems that classical computers struggle with due to their binary-based architecture.

- These problems often involve a high degree of complexity, such as simulating the behavior of individual atoms in molecules or identifying subtle patterns of fraud in financial transactions.

3. Unique Properties of Qubits:

- Quantum computers use quantum bits (qubits) that can exist in multiple states simulta-

neously due to superposition and entanglement.

- This property allows them to solve certain classes of problems faster and more efficiently than classical computers.

- For example, quantum computers can simulate quantum physics and chemistry more effectively and break public-key cryptosystems used for secure communications.

4. Specific Applications:

- Quantum technology is advantageous in several domains:

- Materials Science:** Quantum simulations can help discover new materials with desired properties.

- Pharmaceutical Research:** Quantum computers can model complex molecular interactions, aiding drug discovery.

- Subatomic Physics:** Understanding fundamental particles and interactions.

- Logistics:** Optimizing supply chains and transportation routes.

5. Future AI Applications

- Additionally, quantum computing is expected to significantly impact artificial intelligence (AI) in the coming decades.

In summary, quantum computers hold promise for solving complex problems and advancing scientific understanding across various disciplines. As technology evolves, we can expect even more exciting applications in the future! This is another great innovation of technology to benefit our human race!

Bob Larson is a technologist and our Marketing Director.

Ageism Matters

Busting Myths About Older Workers



Kris & Sara

People of one age are not all the same. Instead of broadly categorizing older adults as unproductive or uniform in health and financial situa-

tion, we must recognize the range of possibilities that this group represents. Some assumptions that need overturning:

Myth 1: Older people cannot work

Reaching traditional retirement age does not make a person suddenly incapable. Everyone's situation is different. One person at 65 runs a business and another faces health conditions that make a 40-hour work week impossible. One person manages a household while another has plenty of free time.

Myth 2: Work has to happen at a certain time and place

Not all work has to be full-time, on location, within certain hours. Flexibility brings people into the workforce and away from needing outside support.

Myth 3: Older people are sick

Health does, on average, decrease with age. However, it does not happen at a specific point, in the same way, to the same extent, or at the same rate for everyone. We cannot make accurate assumptions about the health of one

individual just based on age.

Myth 4: Older people don't want to work

We all want to contribute, no matter our age. Many older adults want to work, but can't get hired. As a society, we are missing out on the valuable resources of many willing older adults.

Reframing older workers is part of the bigger conversation about how we are going to respond to a new social structure where the population is older. Part of this means taking a more realistic look at older workers.

Sara Breindel & Kris Geerken are Co-Directors of Changing the Narrative, 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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HAPPY FLAG DAY

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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.
www.boulderolderadultservices.com.

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

FREE Introduction to Tai Chi
 Join Older Adult Services Instructor, Steve Arney, for an introduction to Tai Chi. No charge, registration required. East Age Well Center, Tuesday, June 4, noon – 1 p.m.

Studio Arts Boulder Pottery Classes
 All materials and tools provided. East Age Well Center, Monday, June 10, 1 – 2:30 p.m. Fees: R/NR \$10/\$13

Coffee with a Cop: Building Relationships One Cup at a Time
 Coffee with a Cop is an opportunity to break down the barriers between police officers and the community members they serve. West Age Well Center, Tuesday, June 11, 10 a.m. – noon.

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, June 11, 1 – 2:30 p.m.

Sans Souci Dance Film Screening, Discussion and Optional Dance Class

Enjoy a series of short films featuring dance from around the world, followed by discussion and ending with an optional dance class. Modifications for physical limitations, and movement at any level is welcome. West Age Well Center, Tuesday, June 11, 2:30 – 4 p.m.

How Hearing Loss Affects Your Brain

Join Family Hearing and Colorado University's Dr. Anu Sharma to review the cognitive, social-emotional, and neurophysiological changes associated with hearing loss in adults and how hearing aids can positively impact those changes. East Age Well Center, Monday, June 24, 1 – 2:30 p.m.

Easy Rider Bike Group

This social cycling group offers an opportunity for riders age 60+ of all levels to join an organized ride. Rides leave from various locations around Boulder, Louisville or Longmont. Contact Sandy for information 970-584-0311.

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

Origins of Flag Day

Flag Day is a holiday celebrated on June 14 in the United States. It commemorates the adoption of the flag of the United States in 1777 by resolution of the Second Continental Congress. The Flag Resolution stated "That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day. In 1949, National Flag Day was established by an Act of Congress. Flag Day is not an official federal holiday.

Today, the national flag of the United States consists of thirteen equal horizontal stripes of red (top and bottom) alternating with white, and bearing fifty small, white, five-pointed stars. The 50 stars on the flag represent the 50 U.S. states, and the 13 stripes represent the thirteen British colonies that declared independence from

Great Britain by their victory in the American Revolutionary War.

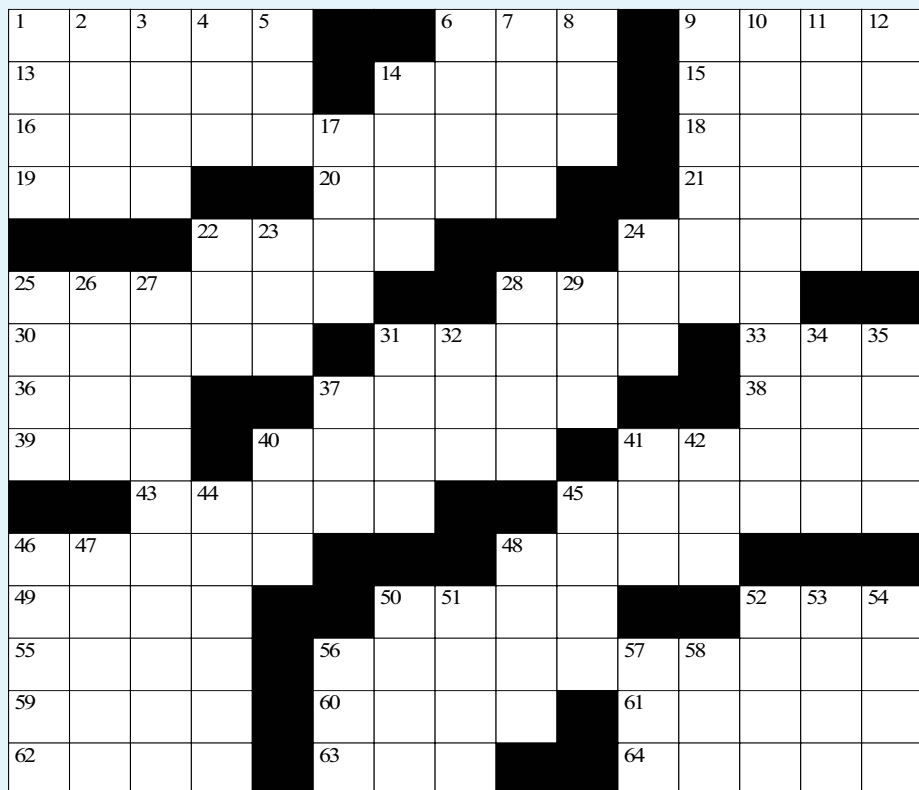
The current design of the U.S. flag is its 27th; the design of the flag has been modified officially 26 times since 1777. The 50-star flag was ordered by then President Eisenhower in 1959 and was adopted in 1960.

The flag has become a powerful symbol of Americanism. Our flag should never be allowed to touch the ground and should be illuminated if flown at night. The flag should be repaired or replaced if the edges become tattered through wear. Article courtesy of Wikipedia.



50 Plus Marketplace News Crossword Puzzle

June 2024
 Answers page 7



ACROSS

- 1 Scrimp
- 6 Metal-bearing mineral
- 9 Allot
- 13 Below
- 14 Public disturbance
- 15 Augury
- 16 Bacteria causing food poisoning
- 18 Gone by
- 19 Engage in espionage
- 20 Relaxation
- 21 Small island
- 22 Yelp
- 24 Academy award
- 25 Take into custody
- 28 Hindu ascetic
- 30 Surmise
- 31 Circular
- 33 Monetary unit of Romania

- 36 And so on
- 37 Father
- 38 Entirely
- 39 Fem. pronoun
- 40 Seeped
- 41 The devil
- 43 Position
- 45 Principal ore of lead
- 46 Up and about
- 48 Protuberance
- 49 Scheme
- 50 Capital of Western Samoa
- 52 Exclamation of contempt
- 55 Rube
- 56 A reactionary
- 59 Doing nothing
- 60 Cleanse
- 61 Rotating member

- 62 Feat
- 63 To endure
- 64 Soft, crinkled fabric

DOWN

- 1 Investigate
- 2 Summit of a small hill
- 3 Indolently
- 4 13th letter of the Hebrew alphabet
- 5 In favor of
- 6 Lubricates
- 7 Acting part
- 8 7th letter of the Greek alphabet
- 9 Listless
- 10 Castrate
- 11 Unit of magnetic induction
- 12 Go into
- 14 Harvest
- 17 Salamander
- 22 Affirmative reply
- 23 Donkey
- 24 Eccentric
- 25 Matures
- 26 Remorse
- 27 Container
- 28 Floating vegetable matter
- 29 Some
- 31 Tear down
- 32 Lyric poem
- 34 Dash
- 35 Bone of the forearm
- 37 Doctor
- 40 Lever for rowing
- 41 Sorrowful
- 42 Malt beverage
- 44 Connected by links
- 45 Score
- 46 Plant louse
- 47 Slip
- 48 Near
- 50 Bedouin
- 51 Bouquet
- 52 Unit of computer memory
- 53 On the top
- 54 In this place
- 56 Two
- 57 Mythical sea monster
- 58 Beetle



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