

50 Plus Marketplace



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

October 2024 • Volume 30 • Issue 10

Boulder City Announces Stephen Redfearn as the Next Police Chief

City Manager Nuria Rivera-Vandermyde announced in September that she has named Stephen Redfearn as the next police chief for the City of Boulder. Redfearn has been a member of the Boulder Police Department for three years and has served as interim chief since January 2024. The decision follows a national and competitive search that highlighted the importance of choosing a candidate who can lead the department through a time of significant evolution to achieve the progressive and transformative vision in Boulder's Reimagine Policing Plan, which Redfearn helped create.

Redfearn joined the Boulder Police Department as deputy chief in 2021, after 25 years in policing-related public service. He started his career as a cadet and as a 911 dispatcher, including during the Columbine High School mass shooting. Redfearn later joined the Aurora Police Department, where he worked for two decades, in a variety of roles from patrol officer to division chief. As Division Chief of Operations, he managed more than 400 employees in patrol

operations, SWAT, district detectives, and the field training program.

"I admire Steve's courage and integrity in standing up for what is right. He has demonstrated that accountability matters," Rivera-Vandermyde said. "This includes remaining open and reflecting deeply in the midst of criticism, which at times has been vitriolic and personal, as well as taking concrete steps to address policing protocols that can lead to community distrust. During his time in Boulder, Steve has stood steadfastly as a supporter of reform, and I am proud to name him as our next chief."

Redfearn earned a Bachelor of Science degree in Criminal Justice with a minor in Sociology from Metropolitan State University and a Master of Science degree in Organizational Leadership from Colorado State University.

In addition to formal education, Redfearn has attended numerous professional development courses including the Senior Management Institute for Police (SMIP), Leadership in Police Organizations (LPO), Denver University Daniel's College

of Business-Public Safety Leadership Development Program, and the Harvard Kennedy School-Senior Executives in State and Local Government.

"I am honored to be able to lead the talented officers and employees of the Boulder Police Department as we work collaboratively and pro-actively with our community to make policing equitable and effective in its core mission. We often think about our role 'to protect and serve,' but we also have an opportunity and an obligation to prevent harm," Redfearn said. "We'll do this through a re-evaluation of our policies, best-practices training, a focus on employee well-being, and absolutely, a renewed commitment to engaging with community. That is what policing is about."

Redfearn is the president of the Colorado Fallen Hero Foundation and recognized as a subject matter expert in line of duty death response and preparedness, mass violence prevention and response, and officer wellness. He trains around the country on these topics and has presented at the FBI National Academy, Naval Criminal Investigative Service

(NCIS), National Homicide Investigators Association, multiple law enforcement agencies, including most recently the Los Angeles Police Department (LAPD), and has spoken at dozens of conferences and trainings including the International Association of Chiefs of Police. The promotion is effective immediately.



Boulder Police Chief Stephen Redfearn

CU Presents Duck Pond, a Swan Lake Romantic Classic Opera!

Created by Yaron Lifschitz and the Circa Ensemble, Circa reimagines "Swan Lake," the world's most romantic ballet, as a circus spectacular—full of the company's signature physicality, cheeky humor and thoroughly contemporary energy. Be swept away by this tale of swans and hapless princes, sparkling with quirky touches like a sequined flipper-wearing duck army and a burlesque black swan. There are sumptuous aerials, jaw-dropping acrobatics and—of course—feathers! Touching, funny and utterly entertaining, "Duck Pond" is a tale of identity and finding your true self.

Hans Christian Anderson's "The Ugly Duckling" was published in 1843. Pyotr Ilyich Tchaikovsky began composing "Swan Lake" in 1875. What it might portend that the two fairy tales arose out of the waning of Romanticism and waxing of modernism would likely intrigue Yaron Lifschitz, artistic director of Circa. After all, those fables meet cute and clever in the circus-inflected company's rousingly inventive "Duck Pond" which opens the Artist Series on October 5.

For an artistic company, Circa is splendidly acrobatic. "They bend; they lift, they fly through the air, they land," Lifschitz once said, distilling the essence of the artistry. With

"Duck Pond," Circa has created a piece that takes on identity—mistaken and doubled—with gravity-courtship and gravity-rebuffing skill. And quite a few winks.

Thanks in part to decades of Cirque du Soleil spectacles, audiences are evermore conversant with the lures of circus artistry. Circa, founded in 2004 in Brisbane, recalibrates that wow factor back in favor of the very bodies creating it. There's an intimacy and artistic ambition to its performances that invites awe at the tensile strength of bone and sinew but also trepidation at the without-a-net feats.

In "Duck Pond," the circus accoutrements—the Cyr wheels, aerial silks, and ropes—are all in play as the ensemble of 10 dives into Odette and Odile's story with winking aplomb. (Circa was here last with "Sacre," a reimagining of "Rite of Spring," in 2022.) There is the sorcerer, the famous swan and her vexing doppelganger, the pining prince. But hold on. There is also a raft of performers wearing bright yellow waders and just as sunny flippers wielding red-headed mops. And to throw a stone into the pond, comes a winsome Ugly Duckling in a light

golden leotard and wearing a pleated collar.

For a swift 70 minutes, feathers will be ruffled; swans will take flight; and, if all goes as designed, audiences will fall for "Duck Pond."

Blue Curtians Brisbane says "Boldly dramatic in its chaos and also charmingly magical in its whimsy"

For more than 85 years, the Artist Series has brought the globe's finest jazz, classical, world music and dance performers to Boulder. Many of these performances sell out; order your tickets today to guarantee the best seats. Performance is scheduled for Saturday, October 5, at 7:30 pm at the Macky Auditorium Concert Hall, 1595 Pleasant St in Boulder. Ticket prices range from \$22 for students to \$99 for adults. Purchase tickets at the box office or online at cupresents.org.



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OCTOBER Calendar

Tuesday/1

The Boulder Genealogical Society presents a free Hybrid program on “Women’s Records: Researching the World of our Female Ancestors” by Sylvia Tracy Doolos at 7 pm on Zoom only this month. Sylvia discusses American women in the 17th, 18th, and 19th centuries left records, none of which are unique to women. Please register at www.bouldergenealogy.org to receive the Zoom info.

Wednesday/9

The Longmont Genealogical Society presents a free hybrid program on “Gail Murphy, Colorado’s own Rosie the Riveter” at 1 pm at the First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont. Gail discusses “Rosie the Riveter,” the name given to women war workers during World War II performing a variety of jobs for the war effort. Please register online at <https://longmontgenealogicalsociety.org> for the Zoom info.

Friday/11 to Monday/14

Ringling Bros. & Barnum & Bailey Circus presents “The Greatest Show on Earth” at the Denver Coliseum. With everything from exotic animals to high-flying trapeze artists, the Circus Legends show has countless acts to keep you on the edge of your seat throughout the entire performance! Purchase tickets ranging from \$54 to \$170 online at www.stubhub.com.

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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Get the Facts on Healthy Aging!

Nearly 58 million Americans are 65 and older, with projections estimating that the population of older adults will grow to 88.8 million in 2060. On average, a 65-year-old can expect to live another 18.9 years.

For most of us, good health ensures independence, security, and productivity as we age. Yet millions of older adults are living with such challenges as chronic diseases, falls, physical inactivity, oral health concerns, and behavioral health issues, all of which can severely impact quality of life.

Chronic Diseases: Older adults are disproportionately affected by chronic conditions, such as diabetes, arthritis, and heart disease. Nearly 95% have at least one chronic condition, and nearly 80% of have two or more.

The leading causes of death among older adults in the U.S. are heart disease, cancer, COVID-19, stroke, chronic lower respiratory diseases, Alzheimer’s disease, and diabetes.

Chronic diseases can limit a person’s ability to perform daily activities, cause them to lose their independence, and result in the need for institutional care, in-home caregivers, or other long-term services and supports.

It is estimated that 27% of the U.S. adult population has multiple chronic conditions, which cost the American health care system over \$1 trillion each year. Yet less than 3% of U.S. health care dollars is spent on prevention to improve overall health.

Falls: One out of four older adults fall each year. 3 million adults 65+ are treated in emergency departments for unintentional fall injuries each year. As a result of falls, every 11 seconds, an older adult is treated in the emergency room; every 19 minutes, an older adult dies.

Falls are the leading cause of fatal and nonfatal injuries among older adults, causing hip fractures, head trauma, and death. Older adults are hospitalized for fall-related injuries five times more often than for injuries from other causes. The nation spends \$50 billion a year treating older adults for the effects of falls, 75% of which is paid for by Medicare and Medicaid. If falls rates are not reduced, direct treatment costs are projected to reach \$101 billion by 2030.

The death rate from older adult falls is increasing; the age-adjusted death rate rose from 55.3 per 100,000 older adults in 2012 to 78.0 per 100,000 older adults in 2021.

Fear of falling can lead older adults to limit their activities, which can result in more falls, further physical decline, depression, and social isolation.

Physical Exercise: Regular ex-

ercise can help older adults stay independent and prevent many health problems that come with age. According to the 2018 Physical Activity Guidelines for Americans, older adults should do two types of physical activities each week to improve their health with aerobic and muscle-strengthening.

These guidelines recommend that older adults engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic activity a week and muscle strengthening activities on two or more days a week. In 2019 only 23.1% of adults age 65+ met the physical activity guidelines outlined above.

Oral Health: Oral health is important for overall health and well-being, but in 2022, 36.3% of older adults had not seen a dentist in the last year. Older adults with diabetes, heart disease, and in poor health were less likely to have had a dental visit in the past year.

Behavioral Health: One in four older adults experiences a behavioral health problem such as depression, anxiety, or substance abuse. These problems can complicate the treatment of other medical conditions, reduce quality of life, increase use of health care services, and lead to premature death.

People aged 85+ have the highest rates of suicide compared to any other age group. Men die by suicide four times more often than women.

Deaths caused by excessive alcohol use are on the rise; in 2020, over 11,000 adults age 65+ died from alcohol-induced causes.

Depression and other behavioral health problems are not a normal part of aging and can be treated. Despite the availability of effective interventions, 66% of older adults are not receiving the care they need.

Infectious Disease Prevention: As of August 2024, 76.3% of all deaths from COVID-19 were among those age 65+, and 70-85% of seasonal flu-related deaths occur in adults age 65+, according to the U.S. Centers for Disease Control and Prevention. While lifesaving vaccines are available, research shows COVID vaccine uptake has slowed among older adults.

New research shows that older adults may be at a higher risk of Long COVID, a post-COVID condition in which virus symptoms persist, return, or develop. According to the National Institutes of Health (NIH), possible risk factors include older age and pre-existing health conditions.

NCOA’s Role

The National Council on Aging’s (NCOA) Center for Healthy Aging supports the expansion and sustainability of evidence-based health promotion programs in the

community through collaboration with national, state, and community partners to help older adults live healthier lives. The Center houses three National Resource Centers funded by the U.S. Administration for Community Living’s Administration on Aging.

Chronic Disease Management: NCOA’s National Chronic Disease Self-Management Education Resource Center provides leadership, technical assistance, and resources to support state and community-based partners in expanding and sustaining evidence-based programs, including the suite of Chronic Disease Self-Management Education Programs, originally developed by Stanford University. These programs, which are available in the community and online, help older adults better manage their chronic conditions and improve their quality of life.

Falls Prevention Education: NCOA’s National Falls Prevention Resource Center serves as a national clearinghouse for information on falls prevention and supports the implementation and sustainability of evidence-based Falls Prevention Programs. The Falls Free® Initiative, a national effort, includes State Coalitions and the 2015 Falls Free® National Action Plan to reduce falls and fall-related injuries among older adults.

Modernizing Senior Centers Resource Center: The Modernizing Senior Centers Resource Center helps senior centers address their challenges and amplify their successes as they strive to meet the ever-changing needs of older adults. The overarching goal of the new Resource Center is to ensure that senior centers have the capacity, tools, and resources necessary to develop and implement programs and services that meet the current and future needs of diverse older adults.

Other Education Initiatives: NCOA promotes physical activity, behavioral health, and other evidence-based programs. In partnership with the National Consumers League, NCOA has created a National Obesity Bill of Rights to define quality obesity care as the right of all adults and to drive systems change. NCOA implements the Aging Mastery Program®, an in-person and online education and behavior change incentive program to help older adults age well. COVID-19 and Influenza Vaccine Uptake Initiative: NCOA received a \$50 million grant from the U.S. Administration for Community Living to implement a nationwide campaign to ensure older adults and people with disabilities get the latest COVID and flu vaccines. Article courtesy of National Council on Aging.

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Published by
50Plus Media Solutions, Inc.
Boulder, Lafayette, Longmont,
Erie, & Superior

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 news.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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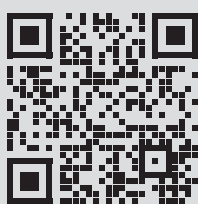
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Printed on Recycled Paper

Interfaith Quilters Fall Sale: a Holiday Quilt Boutique

Interfaith Quilters of Longmont announces its Fall Sale: a Holiday Quilt Boutique, Saturday, October 5, 2024 at the First Lutheran Church, 803 3rd Avenue in Longmont. Small holiday items created by the members of Interfaith Quilters will be offered including table linens, wall hangings, baby quilts and lap quilts. Join us from 9am to 2pm, \$1 entry donation accepted. Proceeds benefit the OUR Center in Longmont and Safe Shelter of St. Vrain Valley.

Elaine Klotz, the OUR Center Development Director, recently spoke proudly regarding the shared history enjoyed by the OUR Center (Outreach United Center) and Interfaith Quilters of Longmont. During the year of 1987, 26 Longmont churches pooled their scarce resources and created the OUR Center. Reverend Allan Landes

from Central Presbyterian Church was considered the founder. Also in 1987, a group of quilters at Messiah Lutheran Church formed Interfaith Quilters. That year Interfaith Quilters donated its proceeds from their 1st Spring Sale to the OUR Center. Since 1999, when records began, Interfaith Quilters has donated \$306,000!

Longmont's OUR Center serves families within the St Vrain Valley School District and Allenspark. Located at 220 Collyer Street at E. Third, the Outreach United Resource Center assists families with basic needs to access the area's resources within its building. Its mission is to help people move toward self-sufficiency by unifying community resources. Established in 1989, the Aspen Center for Child Development, an OUR Center program for children 6 weeks - 6

years old, is housed separately at 501 Fifth Avenue in downtown Longmont. Parents have access to OUR Center resources.

Based on income qualifications the OUR Center offers:

- housing, rent and utilities assistance
- car repairs
- Identification assistance
- Prescription assistance
- emergency shelter, healthcare assistance and childcare referrals
- self-sufficiency and financial skills classes
- daily hot meals, groceries, clothing and hardwares
- personal care items/ toiletries
- Boulder County Health and Human Services Enrollment

We Care

Now Hear This Healthy Hearing, Healthy Life



Dr. D'Anne Rudden

Our hearing health is far more important than we may realize. Good hearing helps keep our brains active and alert, helping to reduce the risk of dementia and Alzheimer's disease. It is also the main sense we use when communicating with others, allowing us to connect with our communities. It keeps us safe by always being on and warning us of any dangers. Hearing helps us maintain our balance, which becomes increasingly important as the years pass. And finally, good hearing empowers us to live a rich and full life, listening to music, television and radio, and attending different events

that are important to us.

Though hearing is important, many of us take it for granted and don't act when something is amiss. Untreated hearing loss can lead to loneliness, falls, and an earlier onset of dementia, which is why it is so important to pay attention if something seems off. There are experts who can help! If your hearing seems different, the audiologist is the first person to contact. Audiology is a specialized field dedicated to the study and management of hearing.

An audiologist will perform a variety of tests to discover what may be happening. These tests include hearing evaluations, balance assessments, tinnitus management, hearing aid fittings, and more. Remember, hearing loss can impact anybody at any age, so if you notice something,

be proactive and get help! Like most conditions, the sooner you find out what's wrong, the better your chances of finding a treatment option that works, like hearing aids or other assistive devices.

In practice for over 28 years, Dr. D'Anne Rudden is a Doctor of Audiology, board-certified by the American Board of Audiology. Dr. Caney Demars joined the practice in 2020, adding 5+ years of experience and a passion for serving our community! Dr. Rudden is one of six founding members and Project Manager for Hearing the Call Colorado, a non-profit that helps income-qualified people get access to hearing healthcare. To date, they've provided 214 people in Colorado with hearing aids, 48 of those right in Longmont!



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Genealogy Rocks!



Carol Darrow

I have a shirt-tail relative, the daughter of my second great-grandfather. Her name was (always) Elizabeth Jane Filmer Cooke.

Even after her marriage, she signed her letters EJJF Worthy. As a researcher, I spent an enormous amount of time searching for the Filmer family connection, a maiden name, an admired neighbor, anything?

Elizabeth Jane Filmer Cooke had family roots that were Southern, going back to Georgia and North Carolina. She was born in Cherokee County, Alabama, in November 1850. 1850 was not an election year. That would not come until 1852. But there was a new president – Millard Fillmore – who succeeded Zachery Taylor after his death on July 9, 1850. Fillmore has supported the Compromise of 1850 which included laws favorable to slave holders.

We have all seen people in the census named George Washington Wilson or Benjamin Franklin Rogers. People often selected names from the Bible, from Greek and Roman history or from American history to distinguish their

children and honor their heroes.

Biblical names may be confusing. We might know Ezekiel or Moses or Hezekiah but may not know minor Biblical men such as Abisha or Jabez or Shem. Greek and Roman names frequently used include Ulysses, Odysseus and Hector – often misspelled. Search Google for the origins of such unfamiliar names.

There are many A. J. 's, honoring Andrew Jackson. Southerners often named sons Pinkney to honor Charles Pinckney, signer of the U.S. Constitution and governor of South Carolina. If you encounter Lorenzo Dow Morgan, you may surmise that the naming family followed the Methodist evangelist, Lorenzo Dow.

After much research, I am convinced that Elizabeth Jane Filmer Cooke was named to honor the Whig president of 1850, Millard Fillmore.

Join Carol Darrow in the Colorado Genealogical Society's Beginning Genealogy class. It's on the second Saturday of each month from 10 am – noon and free on Zoom. Register at cogensoc.us to get the link to attend.

We Care

Ageism Matters

Age-Inclusivity Year 'Round



Kris & Sara

October 9 is Ageism Awareness Day in the US, led by the American Society on Aging, but this is just a start. Let's be age-inclusive every day.

There are lots of good reasons. Multigenerational workplaces have competitive advantages. Intergenerational relationships improve wellbeing for everyone, whether in an office or a neighborhood. Studies show that people with more positive attitudes about aging live longer and healthier.

So, let keep working to change the narrative about age. Some ways to start:

Check your own stories

Sometimes, ageism is obvious, like workplace age discrimination. It can be less obvious, though, like when it's part of our unexamined beliefs about ourselves.

What does internalized ageism look like? It could be when we dismiss something because "I'm too old." It happens when we feel less valuable because of wrinkles or graying hair.

This is subconscious, so, it takes some work to see it. Next time you

feel less valuable because of your age, stop and dig deeper.

Give up generational stereotypes

There are so many age-based stereotypes. When people say Boomer or Millennial, do you have positive thoughts?

But, we have more in common across ages that we have differences. And, every individual is a product of all their life experiences, not just age - education, culture, gender and much more.

Age stereotypes create unnecessary conflict. Instead, try keeping an open mind so we can work together to tackle the important things that impact us all.

Get involved

Whatever you do, do something. It could start with reconsidering a belief. Maybe that leads to more. Every effort adds up. We can all change the narrative one new story at a time.

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

We Care

North Boulder Announces New Public Artwork

As part of a series of enhancements that were made to the North Boulder neighborhood, the City of Boulder's Community Vitality Department commissioned new artwork at two bus shelters along north Broadway Ave., at the bridge over the bike lanes near Rosewood Ave. and at the bus stop at Violet Ave. Artist Sharon Dowell, from Charlotte, North Carolina, used designs for the shelters that celebrate the artists and flourishing creative environment in North Boulder.

Commissioned in 2019, the brightly colored artworks will announce entry into North Boulder and the NoBo Art District. Unfolding draws inspiration from native flora and fauna including abstracted butterfly wings and showy milkweed.

"We are thrilled to welcome Dowell's colorful creations into

North Boulder," said Leah Brenner Clack, Executive Director of the NoBo Art District. "It is important to have public art here that reflects the same vibrancy of the creatives and community members who live, work and recreate in North Boulder."

A dedication ceremony to welcome Unfolding by Sharon Dowell into the city's public art collection was held in September at the bridge near the new North Boulder Public Library (4500 Broadway). The event offered the public a chance to meet the artist and ask questions about the work and learn more about the public art program. Funding for Unfolding comes from the city's Percent for Art Policy, which allocates one percent of the construction budgets of new capital and capital enhancement projects to be allocated for commissioning artwork.



Medicare Monday

2025 Medicare Changes

October 28, 2024

1:30 pm

Grace Pointe CCR - 1919 68th Av, Greeley

Beneficiaries learn about the 2025 premium increases, deductibles and new drug benefits

New to Medicare

If you are just becoming eligible for Medicare, join one these sessions for help with enrollment.

October 14
6:00 pm (virtual)

November 18
6:00 pm (virtual)

Wednesday Lunch & Learn

Get more information and knowledge about Medicare benefits. All sessions are from 12:00 pm to 1:00 pm (virtual)

October 16
2025 Medicare Prescription Drug Coverage

October 23
Medicare Supplements and Medicare Advantage - What Is the Difference

October 30
The Television Commercials, Direct Mail and New Marketing Guidelines

November 6
Medicare Broker Commissions and How That May Affects Beneficiaries

November 13
New Eligibility Requirements to Help with Medicare Part B and D Costs

Information—303-333-3482

Zoom Registration:
www.senioranswers.org

Boulder County Raises Awareness of Suicide Prevention

The Boulder County Commissioners proclaimed September as Suicide Prevention Month in Boulder County and called on residents to raise awareness of suicide prevention and treatment and to know the risks and warning signs for suicide and what to do in a crisis.

While suicide prevention is important to address year-round, Suicide Prevention Month provides a dedicated time to come together with collective passion and strength to address this difficult topic.

Boulder County residents can access the WellMind Connection, a new service that's free for all community members and delivered by the county for anyone who needs help finding behavioral health, mental health, substance use treatment, or other supportive services.

24/7 help is available by phone, online, and in person, regardless of your ability to pay. Visit the following websites for details:

- 1) Colorado Crisis Services 1-844-493-8255 or text TALK to 38255 (in English and Spanish),
- 2) Mental Health Partners, 3) Trevor Project 1-866-488-7386 or text START to 678-678, & 4)

National Trans Lifeline 1-877-565-8860

If you're supporting someone in a crisis, you can also contact these resources.

You can support our community by learning the warning signs of suicide and what to do in a crisis:

There are a few ways to approach a suicide-related crisis:

1) Talk openly and honestly. Don't be afraid to ask questions like: "Do you have a plan for how you would kill yourself?"

2) Remove means such as guns, knives or stockpiled pills, 3

) Calmly ask simple and direct questions, like "Can I help you call your psychiatrist?"

4) If there are multiple people around, have one person speak at a time,

5) Express support and concern,

6) Don't argue, threaten or raise your voice

7) Don't debate whether suicide is right or wrong

8) If you're nervous, try not to fidget or pace, & 9) Be patient!

Visit the NAMI website <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide> for more information or contact the resources listed above.

CDC Advises Older Americans Need RSV Vaccine!

If you are 75 or older, or 60 to 74 with chronic health problems such as heart or lung disease, the Centers for Disease Control and Prevention (CDC) says you should get an RSV vaccine by early fall.

This is a change from last year, when the CDC was less urgent about the vaccine before RSV season and only advised people 60 and older to ask their doctor whether the vaccine for RSV (respiratory syncytial virus) was right for them.

For most people, RSV typically causes cold-like symptoms. In young children and older adults, however, an infection can be dangerous, even deadly. Adults with chronic heart or lung disease and those with weakened immune systems are also at high risk for complications from an infection.

The virus can cause pneumonia and worsen conditions such as asthma and chronic obstructive pulmonary disease.

The CDC estimates that RSV

sends as many as 160,000 older Americans to the hospital annually and as many as 10,000 older adults die each year from an RSV infection. By comparison, during the 2021–2022 flu season, 52,872 adults 65 and older were hospitalized with influenza, and 4,115 died. Article courtesy of AARP.

80th Anniversary Celebration and Fundraiser

The Museum of Boulder is celebrating our 80th anniversary! Join us on October 5th for a celebration and fundraiser that includes interactive displays showcasing historical figures, a performance by the astonishing Professor Phelyx, bites and bubbles, exciting museum announcements, and a silent auction featuring tons of incredible items!

October 5 | 6pm - 8pm

Love That Cat

Sumatran tigers found on the Indonesian island of Sumatra are Critically Endangered; it's estimated that less than 600 of them can be found in the wild. Thus, the birth of a baby Sumatran tiger cub

at the San Diego Zoo Safari Park is big news. The zoo says the baby and its Mom are doing well, providing hope for the future of these threatened felines.

Reflections

Finding A Favorite

How fortunate we are to live in an area with seasons! We may ask or comment about a favorite.

Seeing the beautiful turn of aspen leaves may move fall to the top of our favorite season list. We read about special area drives to see the best splay of autumn colors. Or, we may hear about these locations during our news programs.

Those from the East Coast or Midwest may comment that Colorado's colors pale in comparison to those in their locales. Our trees give us golds but not the deep reds found elsewhere.

Not long from now, local newspapers will hold contests for those interested in guessing the date of the first snowfall. Enter winter, at some point, perhaps a favorite season for some. The beauty of our blue skies against the white backdrop of our mountains elicits a sense of gratification for this time. For those for whom winter lands at the bottom of the seasonal list, waiting through the cold, snowy times may seem to take forever.

In Colorado, we don't have to look at our calendars to know when spring arrives. Making it through the sometime muddy



Martha Coffin Evans

days getting there, soon flowers begin to bloom. Springtime in the Rockies for me conjures up images of lilacs complete with their wonderful fragrance.

During some years with cool, wet spring, it may seem summer will never arrive. When it does, often the temperatures shoot up leaving us wishing for cooler days. We know Colorado gives us cool evenings and, if history holds, gentle rainstorms mid-afternoon. "Gentle" here might include hail, much to our distress and that of our flowers and vegetable plants.

No doubt we all have a favorite season or two, perhaps chosen based on Mother Nature's gifts or our activities. If fall isn't your favorite, wait a little. Another will come soon. Winter, anyone?

Martha (Marty) Coffin Evans, ED.D, freelance writer with MACE Associates LLC, can be reached at its-memartee@aol.com or www.marty-coffinevans.com.

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Program of All-Inclusive Care for the Elderly

Mental Health On Isolation



Dr. David Remmert

Recently, I could and called the police in the town listed on caller ID and asked for a welfare check. The calls have stopped for now, but I'll forever wonder what became of lonely, isolated, and scared Diana.

Twenty eight percent of older adults in the community are living alone. The percentage is greater for women (34%) than it is for men (21%) and the number grows with age (>75 = 44%). In a rapidly evolving technological society, these people often feel lost and unable to navigate new communication mediums.

If you know an older adult who may be isolated, reach out. Make sure they can get the support they need and look after their welfare. Check on them when you can and let them know that you're available. You, too, may one day be in their shoes.

Dr. David Remmert is a Longmont-based psychologist at Clinica Family Health & Wellness (formerly Mental Health Partners), a community health nonprofit serving Boulder County and beyond.

My impulse was to ignore them and let the caller – named Diana – figure out that “Kelly” wasn't getting their messages. With each message, the desperation increased. It seems Diana was living in a nursing home in Oregon. She was alone and her hired caregiver had walked out on her. Unable to bear the idea that Diana thought “Kelly” was getting her messages and just not calling her back, I finally called her. She shared that she had dementia and her partner had passed a few years back. Her daughter, Kelly, lives in Colorado and is her only family. Kelly is her only reliable support and arranges all her appointments and services.

Kelly's last name was so common that I couldn't find her and Diana didn't know what town she lived in. She was crying, confused, and scared so I did the only thing I

Technology is Hip!

SpaceX Plans to Send Starship to Mars by 2026



Bob Larson

SpaceX founder Elon Musk plans to send his first un-manned spaceship to Mars by 2026 followed by a manned spaceship in 2028.

The first flights will be unmanned to test the reliability of landing a spaceship on Mars. If those landings are successful, then the first manned flights to Mars will be in four years. Sound unbelievable?

Musk is now test flying the largest, most powerful rocket in history and plans to fly it like regular flights similar to an airliner. When he starts talking about going to Mars, he gets a bit more publicity than back in 2014 when he promised to land humans inside a decade.

“The first flights will be unmanned to test the reliability of landing intact on Mars,” he added. “If those landings go well, then the first manned flights to Mars will be in 4 years.”

“Flight rates will grow increasingly from there, with the goal of building a self-sustaining city in about 20 years. In terms of planetary travel, the timing is logical as the Earth and Mars align favorably for travel between them every 26 months. The next window for the 259-day journey in 2026 and 2028 is also a favorable year.”

As for technology, Starship has been making considerable progress in the past year, with a fifth test flight slated for the near future. If all goes to plan, both stages of Starship will be able to return to their launch site where they will be retrieved and can quickly be refurbished for the next flight.

This is just the beginning of long-distance spaceship travel. I wonder when he will be able to move from rocket power to much faster technology to reduce the time travel to Mars and other planets? This is another example of technology benefits for our human race!

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

Social Security Today Combating Elder Abuse

Are you eligible for Social Security retirement benefits or already receiving them? Did you know that you can also receive healthy meals and other nutrition services through the national Senior Nutrition Program? Local meal programs in communities across the country are waiting to serve you.

As we age, we have different needs, different ways we take care of our health, and different nutrients we need to get from our food. But we don't always have enough healthy food or the desire to prepare or eat a meal. Whether you need more food, healthier food, someone to share a meal with, or better eating habits, a meal program can help.

Every day, senior nutrition programs serve almost 1 million meals to people age 60 and older. With home delivery and group meal options, you can get the food you need in a way that works best for you. They can help you avoid missing meals – and save you time and money with less shopping and cooking.

Local programs serve more than food. They also:

- Offer opportunities to connect and socialize. This improves both your mental and

physical health.

- Teach you how to create a healthy eating plan. You can learn about healthy food recommendations based on your age, needs, and preferences.
- Connect you with other resources like homemaker services and transportation to help you stay connected and engaged in your community.

It's no surprise that 9 out of 10 participants say they would recommend a senior nutrition program to a friend. We know this service can help create healthy, strong communities where people can thrive at any age.

Find a senior nutrition program in your area and help us spread the word to your loved ones, neighbors, and community. For more information on resources for older adults, please visit eldercare.acl.gov/Public/Index.aspx.

To learn more about our retirement benefits, please visit www.ssa.gov/retirement.

The Senior Nutrition Program is administered by the Administration for Community Living, part of the U.S. Department of Health and Human Services.



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

Visit www.efaa.org for more information

Ron Stern's Travel Series Longmont's New Culinary Scene

With a revitalized downtown and a flurry of recent eateries, Longmont has become Colorado's new food mecca. From sweet and savory temptations to flavorful global cuisine to locally inspired eateries, foodies are discovering this city's free-wheeling gastro-nomic delicacies!

The Parkway Food Hall is a new 16,000-square-foot, chef-driven dining center. Here you will find a host of options including Mexican fusion, award-winning barbeque, Japanese street food, and Mediterranean cuisine.

The old Dicken's Opera House has been transformed into a travel-themed restaurant called, The Passenger. Chef Mandoo Seth's motto is "Where flavors take flight" and she serves up flavor-intensive global cuisine like her multi-continent small-plate tapas.



Frank The Butcher Corned Beef Reuben

You can watch small, private planes take off and land just steps from the runway at the Flight Deck Grill at Vance Brand Airport. At the same time enjoy some great fare from their mobile food truck such as tacos, burritos, and sandwiches.

If you've never tried a donut made with potato flour, Landline Doughnuts offers some amazing combinations like key lime, brown butter, and triple berry. The place is wildly popular as the taste and texture is unlike any other donuts you might have had.



Landline Doughnuts

Savor some Latin flavors at Rosario's Peruvian Restaurant. This family-owned eatery "blends the traditional Peruvian cuisine with classic American favorites."

With dishes like ceviche and arroz con pollo, you might have a hard time choosing your entree.

Owned by Arturo and Elia Silva, the name "Marcos Hot Dogs and Tacos" may not seem to go together but do they ever! Lines form early as their staff quickly prepares this "street food" with a dizzying array of showmanship. Start with their standard Sonoran-style "hot dog" wrapped in bacon and adorned with pinto beans, onions, tomatoes, mustard, mayonnaise and cheese. Their handmade tacos are equally tasty!



Marcos Tacos

Make a day of it and try some of Longmont's tastiest cuisine. You can discover these and more on the Visit Longmont website.

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



The Passenger Tapas

You can quench your thirst at Dry Land Distillers in their beautifully designed tasting room to enjoy some afternoon cocktails and small bites. Partnering with regenerative growers, they produce Antero Wheat Whiskey, Native Colorado Gin and special releases from heirloom grains.



Dry Land Distillers

A large, colorful building house the Cheese Importers carrying 350 different varieties of cheese from 15-20 countries. Everything you can imagine is here, including international butters, pasta, and a host of condiments.

Sweet Cow is a neighborhood ice cream shop featuring premium ingredients, friendly "scoopers," and generous portions. I regularly make the drive from Fort Collins and bring a couple of quarts back home.

The name says it all. Serving Longmont since 1980, Your Butcher Frank is as popular as ever. Large display cases are filled with all sorts of lovely USDA Choice steaks as well as a host of sausages, chicken, pork and BBQ beef. They also prepare a delicious corned beef Reuben sandwich!

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The Brain and Behavior Clinic 303-938-9244

Events

MUSIC JAM:

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

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Ready for Open Enrollment? 4 Tips for Choosing the Right Medicare Plan

(StatePoint) With so many Medicare options available, selecting a plan can seem daunting. Medicare is the government health insurance program for Americans 65 and older and others who qualify, providing hospital coverage (Part A) and physician visits (Part B) to beneficiaries. Additionally, there are a variety of options that coordinate with original Medicare, such as Medicare Supplement plans and Prescription Drug Plans, or replace original Medicare with Medicare Advantage (MA) plans combined with Prescription Drug Plans.

During this year's Medicare Annual Enrollment Period (AEP), which takes place between Oct. 15-Dec. 7, 2024, here's what Cigna Healthcare, which serves millions of Medicare customers nationwide, wants you to know:

1. Check for plan changes: If your current plan is working for you, you can likely keep it. However, it's a good idea to review your plan every AEP, especially if you've experienced major life, health or financial changes. Any changes to your current plan will be outlined in your Medicare plan's Annual Notice of Change (ANOC) letter, which you can expect to receive in September.

2. Research your coverage: There are a few key things to watch for when shopping for a plan. One of them is whether your favorite providers and specialists will be in-network. You should also review each plan's formulary – that is, the list of drugs covered under the plan. You'll want to find a plan that will cover your

current medications and any you anticipate your doctor prescribing over the course of the year ahead. Finally, carefully consider your total spend for your prescription drug plan coverage (i.e., premiums plus pharmacy costs) since the maximum out-of-pocket costs for drugs you utilize will be capped at \$2,000 in 2025.

3. Look for value: No matter what the economic outlook is, it's wise to select a plan that provides great value. To that end, you may want to consider an MA plan, which offers quality and affordability. MA plans cover everything original Medicare does, plus more; most also include dental, vision and hearing benefits, prescription drug coverage, and other extras like over-the-counter drugs, transportation to doctor's visits and pharmacies, healthy grocery purchases, and fitness services. MA plans are often available with \$0 premiums, but you'll also want to check on what your annual out-of-pocket costs could be based on your health status.

4. Understand your plan: Before enrolling in a particular plan, make sure you understand its ins and outs. Call Medicare at 1-800-MEDICARE (1-800-633-4227) 24/7; TTY users can call 1-877-486-2048. Or, visit the Medicare Plan Finder website at [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare). For local assistance, refer to the State Health Insurance Assistance Program at www.shiptacenter.org. You can also contact individual Medicare plans, including Cigna Healthcare at [CignaMedicareInformation.com](https://www.CignaMedicareInformation.com).

A First Daredevil

According to the Encyclopedia Britannica, bungee jumping is a sport in which the jumper falls from a high place connected to a large elastic cord. Stunt driver Laurent Lasko took bungee jumping to a new level recently when he attached his car to eight

bungee cords and dropped no less than 213 feet, three inches, becoming the first daredevil to win the Guinness World Records title for "the highest car bungee jump." The event took place in the Paris Business District, organized by the Nissan motor company.

Autumn Art?

Margaret Zeitouny went for a walk with her dog on a trail in Waltham's Cedarwood Park in Massachusetts and stumbled upon a formation of pinecones "in a circle pattern with a repetitive design. Making them is a meditative thing. I don't know if the artist is coming up and checking on it, but I am. I want to take a picture a day until it's not there anymore. I am not on board with aliens, and definitely

not on board with satanic ritual. I appreciate that someone spent a significant amount of time putting it together and put it together on the edge of the trail."

WE ARE LOCAL!

Social Security Administration to Simplify SSI Applications

Today, the Social Security Administration announced a large step in a multi-year effort to simplify processes for people who are applying for Supplemental Security Income (SSI) by starting to offer an online, streamlined application for some applicants starting in December. SSI provides monthly payments to people with disabilities and older adults who have little or no income and resources.

The initial step – known as iClaim expansion – aims to establish a fully online, simplified iClaim application that leverages user-tested, plain-language questions, prepopulated answers where possible, seamless step-by-step transitions, and more. The online application aims to reduce the time spent applying as well as the processing time for initial claim decisions.

"Over the past year, we have asked many applicants and advocates – as well as our workforce – how we could make the SSI application process easier and simpler. Now, we are taking an important first step to do just that," said Martin O'Malley, Commissioner of Social Security. "People in our communities who need this crucial safety net deserve the dignity of an application process that is less burdensome and more acces-

sible than what we now have, and we're committed to achieving that vision over the next few years."

The rollout of the iClaim expansion will generally be available to first-time applicants between 18 and almost 65 who never married and are concurrently applying for Social Security benefits and SSI. A goal of the second phase – currently targeted for late 2025 – is to expand this to all applicants.

The Federal Register Notice that supports this effort was published today and reflects changes based on what Social Security previously received. To read it, please visit [Federal Register :: Agency Information Collection Activities: Proposed Request](https://www.federalregister.gov).

Subsequent SSI simplification steps will incorporate lessons learned from the iClaim expansion into in-person, phone, mobile, and paper-based processes for SSI applications. As part of that, the agency plans to develop a separate simplified child SSI application.

All of these efforts will support and streamline the way Social Security's staff technicians and applicants work together, providing an applicant journey that reflects continuous feedback gathered from the agency's Customer Experience team, particularly from underserved communities.

5 Brain Healthy Habits for Healthy Aging

Five brain healthy habits to promote healthy aging and reduce the risk of developing dementia.

"Building good habits, even incrementally, goes a long way towards promoting healthy aging and good brain health," said Dr. Allison B. Reiss, a member of AFA's Medical, Scientific, and Memory Screening Advisory Board. "Taking a few simple steps, in ways that work for you, will make a positive difference, and healthy aging month is a great time to start."

AFA encourages individuals to take the following five brain health

Get out of the house. Do not sit in front of the TV or computer all day. Get some fresh air and enjoy time

Vitamin D is important for the brain. People whose levels are low are more likely to develop Alzheimer's and other forms of dementia. Although sunlight is the most common source of vitamin D, many people avoid sun exposure. Even though milk is fortified with vitamin D, a lot of yogurt brands are not, so check labels. Mushrooms are also an excellent source of natural vitamin D and a good dietary option, especially for someone who is vegan.

Avoid empty calories. If you

crave sweets, make sure there is at least some nutritional value and some component that is filling and satiating, rather than just eating candy or junk food. Good examples are strawberries or banana slices dipped in chocolate (at least you get some fruit), a peanut butter and chocolate combo, a mix of nuts and chocolate, and a brownie recipe made with beans or zucchini.

Avoid head injury. Traumatic brain injury increases the risk of developing dementia and is a big problem that can be averted with care, helmets and other headgear, seatbelts and measures to prevent falls. If you do sustain a concussion, follow all protocols outlined by your health care provider and take every precaution to steer clear of another one.

Keep in touch with friends and family. Nurture relationships. These connections enrich your life and keep you thinking. Combat loneliness with a support network.

Individuals wishing to learn more about healthy aging and promoting good brain health can contact the Alzheimer's Foundation of America's Helpline at 866-232-8484 or visit AFA's website, www.alzfdn.org.

Pets Are Family Animal Emergency Preparedness



Judy Calhoun

Emergencies come in many forms, and they may require a brief absence or permanent evacuation from your home. In an emergency, your pet(s) will rely on you to stay safe, and the best thing you can do for them is to be prepared. Visit noco humane.org/disaster-preparedness

to view and download a recommended checklist for creating a pet emergency kit. Once completed, print out your checklist and put it in your pet emergency kit.

Pet Emergency Sticker: If you are not home during an evacuation, posting a pet emergency sticker outside your front door will allow law enforcement to know what and how many pets need assistance.

Pet Friendly Housing: In the event you need to separate from your pet(s), identify boarding facilities that could care for them. NOCO Humane is available to temporarily care for your pet during an emergency. Check with

your local animal shelter to see if they have this availability as well.

Develop a Buddy System: Coordinate with neighbors, friends, or family members to ensure your pets will be taken care of in case you are unable to.

License and Microchip

Your Pet: Pet licenses are not only the law, they are your pet's fastest ticket home should they become lost. Microchipping is an important safeguard to increase the likelihood your pet is returned to you if they become lost.

The sooner you can respond to an emergency the better. Stay attuned to disasters that are likely to affect your region - that way you are not caught off guard. Also, consult with your veterinarian on how to best meet your pet's species-specific needs in times of chaos and stress.

Learn more at noco humane.org.

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Alzheimer's Blood Test Seen As Highly Accurate

A blood test is about 90 percent accurate in diagnosing Alzheimer's disease in people experiencing problems thinking and remembering, says a study by a team of Swedish researchers published in the medical journal JAMA.

The blood test and others like it are not widely available to patients, but they could be soon. That would be a "revolutionary change," says Paul Newhouse, M.D., director of the Center for Cognitive Medicine at Vanderbilt University.

When making an Alzheimer's diagnosis, doctors rely on a patchwork of physical and cognitive

tests and brain scans or invasive spinal taps. A highly effective blood test could save a lot of time and money, Newhouse says.

A faster diagnosis could also improve access to new Alzheimer's treatments that are approved for patients in the early to mild stages of the disease.

Research presented at the Alzheimer's Association's 2024 conference this summer suggests that an accurate blood test could slash the wait time for these treatments by several years. Article courtesy of AARP.

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6 Tips to Stay on Top of Fraudster's Latest Tricks

(StatePoint) Identity theft is reportedly a growing threat as fraudsters evolve to be savvier and more sophisticated. There have been more than 1,300 data breaches already in 2024, according to the Identity Theft Resource Center.

It's no surprise an Experian survey found that many consumers are wising up to the risk, with over half the U.S. adult population saying they're highly concerned about identity theft and fraud.

"As fraudsters continue to become more sophisticated, it's critical that you take matters into your own hands and protect your personal information," said Michael Bruemmer, vice president of Experian Global Data Breach Resolution and Consumer Protection at Experian.

To help you avoid becoming a victim of fraud, there are a few key tips you should follow:

Create strong passwords: Create strong passwords for every account you have and don't repeat passwords. If you reuse the same password across multiple accounts and a criminal gets ahold of it, they can potentially wreak havoc on your personal and financial life. A password manager can help you create unique passwords and store them so you don't need to remember them all on your own.

Protect personal documents: Keep all your personal documents out of the hands of fraudsters, especially your social security card, as it can quickly open the door to identity theft. Leave your social security card in a safe place at home—don't carry it with you. Additionally, check your mail every day to prevent theft of potentially sensitive data. Shred paperwork with personal information on it before throwing it away. Also, consider having statements delivered electronically so there are fewer physical documents with your information on them.

Watch out for phishing scams: Phishing uses fake text messages, emails, phone calls or other types of communication that look like it comes from a reputable source. The fraudster's goal is to make you click on a link or open an attachment and share your personal information. After clicking the fake link and using your login credentials, the scammer can gain access to your account. To protect yourself from these types of scams, never click on a link or open an attachment from someone or a company that

you don't recognize or that looks suspicious. Additionally, if you receive notice that your personal information was involved in a data breach, be cautious about hackers who may imitate the company you received the breach notice from. To verify the legitimacy of the communication, identify the correct phone number by looking at physical statements or by logging into your account through a verified portal and call or email the company separately.

Use caution when answering calls: Criminals may try to call you and pretend that they are with a company you are associated with in order to have you provide your personal information. Never provide information over the phone. Instead, ask for the person's name and where they are calling from. Hang up and call the company back via the phone number listed on its website to verify if the call was legitimate.

Regularly check your credit reports: Regularly checking your credit reports is a good financial and security habit. Staying updated on what is in your reports will help you spot any suspicious activity, like new accounts you don't recognize, and help you act quickly to combat further fraud.

Leverage tools to combat fraud: Experian data found that only 30% of people are currently using an identity theft protection product or service. This shows that too many people are missing an opportunity to keep themselves and their identity safe. Experian offers free and paid identity protection products that can be an extra layer of protection. Experian IdentityWorks monitors for activity on your Experian credit report and will alert you if there are any changes. It also monitors for your information on the dark web and provides easy access to lock and unlock your Experian credit file.

You can check your Experian credit report for free and enroll in identity theft protection at www.Experian.com.

"Identity theft should be taken seriously by everyone. Being proactive and following key steps can help you stay ahead of fraud before it occurs," says Bruemmer.



(c) Tero Vesalainen / iStock via Getty Images Plus

Tips to Stay Connected During Natural Disasters

(StatePoint) No matter where you live or what time of the year it is, individuals, families, businesses and others nationwide should be prepared for unpredictable weather and natural disasters – from hurricanes to tornadoes to wildfires.

Effective communication is vital during disasters for receiving updates, talking with loved ones and reaching first responders. Here are some tips from T-Mobile experts on ways you can prepare and get the information you need to stay in the know when it matters most.

- Keep phones and devices fully charged, and store back-up chargers and batteries. And make sure you have back-up chargers, portable chargers, and/or batteries so you can keep your devices on if your power goes out. You'll also want to have a charger handy if you're traveling. If you get stranded or stuck while driving, you'll want a way to stay connected with loved ones or emergency services.

- Add important numbers in your contacts. Most of us have friends, family and coworkers programmed in our phones. But in an emergency, you may need to contact local police, fire departments or power companies. Program these numbers now so you don't spend pre-

vious time looking them up during an emergency.

- Text instead of calling and keep calls short. Sometimes during a severe weather event or natural disaster, too many calls and texts at the same time can cause telecommunications networks to become congested. Text messages are more likely to get through than phone calls because they take up fewer network resources.

- If you don't have mobile service, try Wi-Fi calling. If your power and Wi-Fi connection are still on but your mobile service is down, you may be able to call someone via Wi-Fi. For Apple phones, go to Settings > Phone > Wi-Fi Calling and for Android phones, go to Settings > More Connection Settings > Wi-Fi Calling.

- Stay safe and calm. Network engineers prepare for weather conditions throughout the year so they can restore service if needed as soon as possible. But hazardous conditions may cause delays. For more information from T-Mobile on communications and disaster preparedness, check out www.t-mobile.com/news/uncarrier/t-mobile-ready-to-respond.

Poetry Rising

So often it's the little things that change our lives—in a good way. Of course, we need to be open to that possibility—not always easy when “the world is too much with us, late and soon.” The seasons are changing, the mornings are getting darker, and then comes the hidden blessing in one of those magic moon risings. I am lucky. My bedroom faces west so I get the sunsets and the moon-risings-- the latter not something I always get to see.

When the elections are over next month, and all the TV ads disappear, and we are left with the quiet to celebrate, be sure to look to the moon for your light.

MOONBATH

This morning,
in that magic waking moment
just before dawn,
the full moon chose
to bathe me
in its light.

A far cry from yesterday,
when I was awash in tears.

May this light be an omen.
One thing is for sure.
It's already a special day.

(c) Barbara Wood Gray
“Sharing the Song”

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

Colorado Gerontological Society

Older Adults Can Receive More Than \$2000 in Help Paying Medicare Part B Premiums



Eileen Doherty

There is good news for Medicare beneficiaries who take a lot of prescription drugs. Starting January 1, 2025, after beneficiaries pay the Part D

deductible, the maximum out-of-pocket expense is \$2000. Congress's goal is to limit prescription drug costs.

To help beneficiaries more, Congress passed legislation to help with the hardship individuals experience when the full \$2000 deductible must be paid before other prescriptions can be filled. Starting in 2025, beneficiaries can reduce the burden of paying the deductible by choosing a monthly payment plan.

While Medicare has released limited information on the 2025 Medicare Part A and B deductibles, Part B premiums, and Part A co-pays, financial analysts are expecting significant increases.

Starting October 14, 2024, in-person programs on the 2025 Medicare Changes are scheduled in Fort Collins, Alamosa, Northglenn, Montrose, Greeley, Denver, Glenwood Springs, Aurora, Grand Junction, Littleton, and Centennial. At most locations, beneficiaries can visit health insurance representatives and learn more

about different plans. Sessions are weekly through December 2. Two virtual sessions are also scheduled.

For those who are New to Medicare, two virtual sessions will focus on enrollment periods, enrollment procedures, and avoiding penalties if employed.

For an in-depth look at selected topics join our Wednesday Lunch & Learn series. Topics are Part D changes, the difference between Medicare supplements and advantage plans, and television and direct mail marketing. Fraud changes in broker commissions and how that will affect sales tactics, and eligibility for financial assistance to help with premiums and costs of Medicare Part B and D are also scheduled.

To schedule individual counseling and enrollment support, call 303-333-3482.

Visit <https://www.senioranswers.org/events/medicare-monday/> for location and registration details. RSVPs suggested.

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



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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 and to register: www.boulderolderadultservices.com.

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

Introduction to MAID and VSED

Medical Aid in Dying (MAID) and Voluntary Stopping of Eating and Drinking (VSED) are the topics of this online program. Participants will obtain information and resources to better understand end-of-life options in Colorado. Online, Wednesday, October 9, 11 a.m. – 12:30 p.m. No Fee.

Folk Dance Series

Folk dance lessons include line or circle dances from around the world. Beginners welcome! East Age Well Center, Wednesdays, October 2 – 30 (5 classes) Fees: R/NR \$40/\$50

Groundworks Art Lab Pottery Classes

Participants will learn about the fundamentals of pottery to make functional and whimsical pieces. Materials and tools provided.

Pottery – EAST: East Age Well Center, Monday, October 14, 1 – 2:30 p.m. Pottery – WEST: West Age Well Center, Wednesday, October 16, 1:30 – 3 p.m. Fees: R/NR \$10/\$13

NEW! TALK LIFE: Drop-In Coaching for End-of-Life Discussions

The Conversation Project in Boulder County (TCPBC) can assist with advance care planning through confidential, free coaching. Drop in on first-come, first-served basis. East Age Well Center, Wednesday, October 16, 10 a.m. – noon. No Fee

Transportation 101 Workshop Join this presentation by Boulder County Mobility for All about alternatives to driving that save money and support an active and independent lifestyle. West Age Well Center, Monday, October 21, 1:30 – 3 p.m. No Fee.

A Mindful Approach to Falls Prevention

This class will offer tools to develop present moment awareness and apply evidence-based fall prevention techniques to everyday life. West Age Well Center, Wednesday, October 23, 1 – 2:30 p.m. No Fee



Lafayette Senior Services

Black History Museum October 2, 9:45am-3pm

The Museum is housed in the former home of Dr. Justina L. Ford, the first licensed African American female physician in Colorado. While famous for telling the story of the Black cowboys, the museum tells the stories of those early African Americans who came west and performed as miners, soldiers, homesteaders, ranchers, blacksmiths, schoolteachers, lawmen, and every other profession needed to build up and develop the West. Patrons must be able to walk and stand for long periods of time. Trip includes transportation and ticket cost. Bring money for lunch.

2025 Medicare Updates

October 3, 11am-12pm at the Bob Burger Recreation Center
 The Medicare Annual Election Period is October 15 – December 7. This class covers Medicare Advantage and Part D prescription drug plans, highlighting 2025 changes. Check your Annual Notice of Change sent in September for significant updates. Bring questions. Presented by Medicare Teachers, Inc., a non-governmental organization.

Lafayette Historical Society Halloween Walking Tour

October 29, 1:45-4:15pm

Join the Lafayette Historical Society for a Halloween Walking tour. We will offer a historical view with a Halloween spin on this tour. Wear comfortable walking shoes, and dress for the weather. Trip includes tour.

Drug Take Back

October 29, 10:30-11:30am
 Please bring any expired, unwanted, or unused prescription and nonprescription medications for proper disposal to the Senior Center on October 29 from 10:30-11:30am. Brought to you by the Lafayette Senior Center in partnership with the Lafayette Police Department.

FREE dance class for those with Parkinson's or mobility concerns—enjoy seated or standing. Energizing music will guide you through diverse dance styles and movements for balance, flexibility, and confidence.

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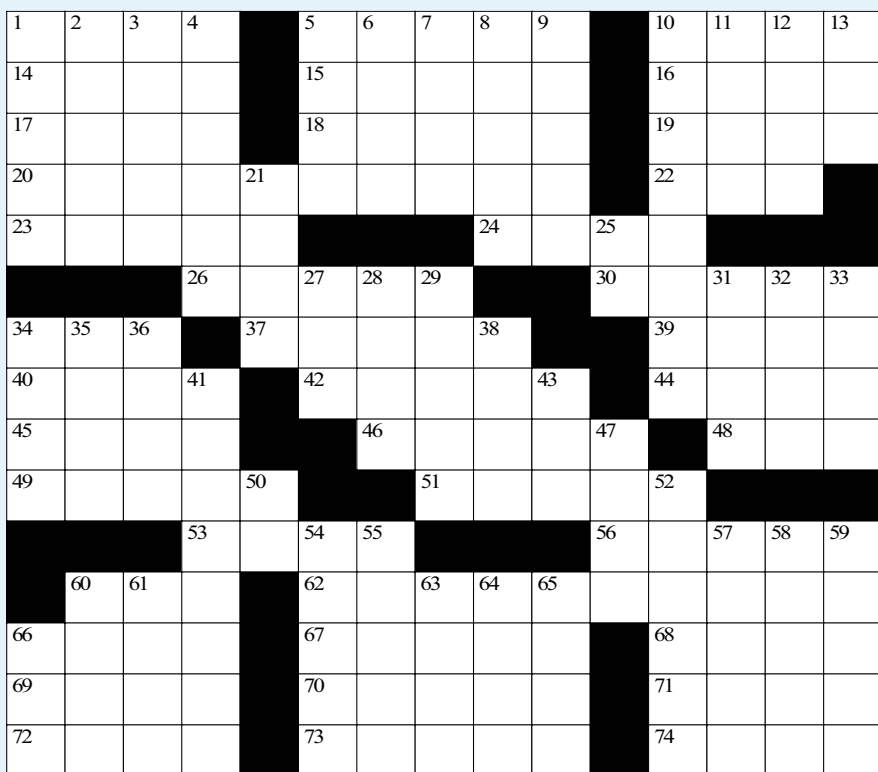
Call Robert at 303-694-5512

For Details.

October 2024
 Answers page 9

50 Plus Marketplace News

Crossword Puzzle



ACROSS

- 1 Preparatory school
- 5 Narrowest part of the torso
- 10 Tense
- 14 Molten rock
- 15 Soul
- 16 Earthen pot
- 17 Frozen treats
- 18 Spur
- 19 Group or band
- 20 100th anniversary
- 22 Period of history
- 23 Up and about
- 24 Peasant
- 26 Pale reddish purple
- 30 Catarrh
- 34 Move from side to side

DOWN

- 37 Link
- 39 Sea eagle
- 40 Hawaiian native dance
- 42 Country residence
- 44 Speed contest
- 45 Bedouin
- 46 Stone splinter
- 48 Turf
- 49 Woman in charge of a household
- 51 Superior of a monastery
- 53 Class
- 56 Scapegoat
- 60 Decay
- 62 Overstate
- 66 Game of chance
- 67 Caravansary
- 68 Second son of Adam and Eve

- 69 Monetary unit of Peru
- 70 Bay window
- 71 Well-being
- 72 Entrance
- 73 Stable compartment
- 74 Inquires

DOWN

- 1 Fold
- 2 Speed contests
- 3 Incident
- 4 Troche
- 5 Give notice
- 6 Soon
- 7 Hawaiian honeycreeper
- 8 Sully
- 9 Reckoning
- 10 Simultaneously
- 11 Having wings
- 12 Bone of the forearm
- 13 Label
- 21 Ireland
- 25 Otherwise
- 27 Monetary unit of Bulgaria
- 28 Line about which a rotation occurs
- 29 Guilt
- 31 Periods of history
- 32 Remarkable
- 33 Reward
- 34 Forcible impact
- 35 Distinctive quality
- 36 Delighted
- 38 Thick slice
- 41 Slaughterhouse
- 43 Long-sleeved linen vestment
- 47 Easy stride
- 50 Possessive form of me
- 52 Kiribati
- 54 Mexican money
- 55 Put forth
- 57 Progressive emaciation
- 58 Meat
- 59 Shouts
- 60 City in W Nevada
- 61 Upon
- 63 Melody
- 64 Scottish Celt
- 65 Respiratory organ of fish
- 66 Young goat



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