

50 Plus Marketplace



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

September 2024 • Volume 30 • Issue 9

CU Presents Takács Quartet

Celebrating its 50th anniversary, the Grammy-winning Takács Quartet's dynamic and insightful performances have established the ensemble as one of the most sought-after chamber music groups of our time. Their unique blend of technical brilliance and emotional depth creates an unforgettable musical performance. Experience the quartet that has enchanted Boulder audiences for over three decades and counting.

"Classical music doesn't get much more life-enhancing than this." per The Guardian.

The Grammy-winning Takács Quartet has enchanted audiences at CU Boulder for more than three decades and counting. The group's dynamic and insightful performances have established the quartet as one of the most sought-after chamber music groups of our time. Their unique blend of technical brilliance and emotional depth creates a truly unforgettable musical experience.

The members of the Takács Quartet are Christoffersen Fellows and Artists in Residence at the University of Colorado Boulder. For the 2023-24 season the quartet enters into a partnership with El Sistema Colorado, working closely with its chamber music education program in Denver. During the summer months the Takács join the faculty at the Music Academy of the West, running an intensive quartet seminar.

The Takács Quartet was formed in 1975 at the Franz Liszt Academy in Budapest by Gabor Takács-Nagy, Károly Schranz, Gabor Ormai and András Fejér, while all four were students. The group received international attention in 1977, winning First Prize and the Critics' Prize at the International String Quartet Competition in Evian, France. The Quartet made its North American debut tour in 1982. Members of the Takács Quartet are the grateful beneficiaries of an instrument loan by the

Drake Foundation. The group is comprised of Edward Dusingberre, Harumi Rhodes (violins), Richard O'Neill (viola) and András Fejér (cello).

Their program on September 15 to 23 is held at the Grusin Music Hall in the Imig Music Building, 1020 18th St, in Boulder. Program selections include Joseph Haydn:

String Quartet in C Major, Opus 54 No. 2, Leoš Janáček: String Quartet No. 1, JW VII/8, "The Kreutzer Sonata," & Ludwig van Beethoven: String Quartet in F Major, Opus 59 No. 1.

Tickets vary from \$22 to \$56 and can be purchased at their box office or online at cupresents.org or call 303-492-8008.



Photo Credit: Amanda Tipton

Inaugural Sunset Soirée at the Longmont Museum

Join the Longmont Museum for their inaugural Sunset Soirée from 6-9 pm on Saturday, Sept. 7. It's the grand unveiling of the Museum's beautifully transformed Stewart Family Courtyard! The museum has a goal of raising \$8.1 million.

Since its modest beginnings in 1940 as a small exhibit space in the carriage house at Callahan House, the Longmont Museum has experienced remarkable growth and transformation over the span of 80+ years. It has evolved into a leading hub for groundbreaking programming, captivating exhibits, and impactful educational experiences in Northern Colorado for individuals of all ages. With its distinct local connections, the Longmont Museum symbolizes a community that embraces diversity, fosters connections, and celebrates a vibrant tapestry of customs and cultures.

After careful evaluation of its mission and strategic plan, as well

as the continuous increase in attendance, it is clear that the Longmont Museum needs to undergo an expansion. The museum will embark on a comprehensive construction project aimed at enhancing every aspect of its operations, encompassing not only the children's and flex galleries, but also the provision of expanded office space and the courtyard to accommodate the growing staff.

The Longmont Museum is a cultural center in Northern Colorado where people of all ages can explore history, experience art, and discover new ideas through dynamic programs, exhibitions, and events. Your support is vital to the Museum's expansion, which will give our community access to transformative cultural experiences that engage and inspire.



You'll enjoy an open bar with signature cocktails, a three-course meal and live big band music with the Flatirons Jazz Orchestra. All funds raised will go toward supporting the Museum expansion, including a dedicated children's exhibit and an expanded feature gallery. Individual tickets are \$100 or support the Museum at a higher level with an entire eight-person table for \$1000. Space is limited. Learn more and buy tickets online at the Support Longmont Museum website or by calling 303-774-4508.

INSIDE

Climate Awards

Page 3

Elder Abuse

Page 4

Once In A Lifetime

Page 5

Elk Viewing

Page 6

Hotel Maxwell Anderson

Page 7

Relief For Hand Arthritis

Page 8

SEPTEMBER Calendar

Tuesday/3

Bouder Genealogical Society presents a free program on “Leaping over the Flames: Going Back From 1900 to 1880 Census.” by Dina C Carson at 7 pm on Zoom only. The loss of the 1890 census presents a challenge if you know where an ancestor is in 1900 but cannot find them in the vicinity any earlier. This talk will explore some strategies for broadening your search to locate an elusive ancestor in places you may not expect. Please register online at <https://www.bouldergenealogy.org> for the Zoom info and any handout.

Wednesday/11

Longmont Genealogical Society presents a free program on “Genealogy Resources at the Denver Public Library” by Jaymie Middendorf at the First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont at 1 pm and on Zoom. Jaymie will discuss how to find materials to help your family history research, the extensive genealogy services that DPL provides, and how to use this nationally renowned library. Register online at <https://longmontgenealogical-society.org/index.php> to receive the Zoom info and any handout.

Saturday/21

Boulder Area Agency on Aging presents their annual free Senior Law Day event at the Longmont Senior center located at 910 Longs Peak Drive in Longmont from 9 am to noon. Lots of vendors, classes, prizes and free parking! Register today at www.bocoseniorlawday.org.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer’s Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Please check with individual venues for current information.

Calendar sponsored by

Dignity Care
303-444-4040

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.

Let Giving Home Health Care help you understand and maximize this program. Simply give us a call at 720.612.4708.



BOULDER PHIL

COME FOR THE MUSIC
STAY FOR THE BEAUTY

BOULDER PHILHARMONIC ORCHESTRA VIOLIST ALLYSON STIBBARDS

TICKETS AVAILABLE NOW
BOULDERPHIL.ORG

CONTACT

How To Reach Us

email

robert@50plusmarketplaceneews.com

phone

303-694-5512

mailing address

4400 Sioux Dr.
Boulder, CO 80303

website

www.50plusmarketplaceneews.com

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.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

DEADLINE

10th of the Preceding Month

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

Publisher/Editor

Robert A. Trembly II

Contributing Writers

Boulder County Senior Centers
Boulder County Agencies
& Businesses

Marketing Director

Bob Larson

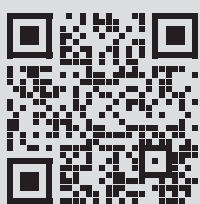
Product Consultants

Michael Buckley
Robert Trembly

Design/Production

Kit Brown

Smart Phone Access



Printed on Recycled Paper

Boulder County Announces Five Climate Awards

Boulder County has awarded 2024 Climate Innovation Fund grants to five organizations: Boulder Mushroom, Eco-Cycle, High Plains Biochar, MASA Seed Foundation, and The Watershed Center. These recipients will use the funds to mitigate wildfire risks with mushrooms, establish a composting network that transforms local business food scraps into high-quality farm compost, expand biochar production for local farms, enhance biodiversity with a fruit forest, and measure carbon sequestration from a 10-acre stream restoration project.

Established in 2022, the Climate Innovation Fund supports local projects focused on carbon dioxide removal, enhancing landscape resilience, and restoring ecosystems. This year, the county allocated \$531,950 to these ini-

tiatives. A panel of eight national and local experts selected the winning projects through a competitive process, with funding requests exceeding \$4 million, more than double the amount sought in the previous round.

“Supporting local solutions to local environmental challenges is at the heart of this fund,” said Susie Strife, Boulder County Director of Sustainability, Climate Action & Resilience. “As we enter the program’s second year, we are eager to see these initiatives bring substantial benefits to our community and serve as models for replication across the country.”

Grantees from the fund’s inaugural round in 2022 have already made significant impacts locally, nationally, and internationally, informing policymakers, drawing down carbon, and improving soil

health. Their efforts have attracted broad attention with features in The Washington Post, BBC, NPR, and Newsweek.

This summer’s record-breaking temperatures are stark reminders of the escalating impacts of the climate crisis. NASA reported that July 21, 22, and 23, 2024, were the hottest days on record. Human activities are driving this crisis by generating climate pollution that warms the planet.

Addressing the climate crisis demands both a shift away from fossil fuels and the removal of existing climate pollution from the atmosphere. Boulder County’s Climate Innovation Fund supports initiatives that develop scalable solutions to reduce climate pollution and enhance environmental resilience through nature-based and technological innovations.

Now Hear This Hearing & Heathy Aging



Dr. D'Anne Rudden

Healthy aging encompasses a myriad of factors, including physical, mental, and social well-being. Among these, maintaining healthy hearing plays a pivotal role in preserving overall quality of life for older adults. As individuals age, changes in the auditory system are common, leading to gradual hearing loss. Adopting proactive measures to promote healthy hearing may significantly mitigate the impact of age-related hearing decline and support overall healthy aging.

Regular hearing screenings

are essential for early detection of hearing loss and prompt intervention. Many age-related hearing impairments go unnoticed or untreated, leading to social isolation, communication difficulties, and decreased cognitive function. Incorporating routine hearing evaluations into preventive healthcare practices allows older adults to address hearing concerns early and access appropriate interventions, allowing them to maintain active engagement in daily life activities.

Incorporating minor lifestyle modifications also promotes healthy hearing as individuals age. Avoiding prolonged exposure to loud noise can prevent noise-induced hearing damage. Wearing hearing protection de-

vices like earplugs during noisy activities is crucial for preserving auditory health and preventing further hearing loss.

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, HTC has provided 300+ people in Colorado with hearing aids, 75 of those right in Longmont!*



AUDIOLOGIC & HEARING AID
SERVICES FOR ALL AGES

Your hearing is our priority ... 28 years & counting!

Dedicated to providing the highest level of medically-oriented diagnostic and treatment services for hearing loss, tinnitus, ear wax removal, custom hearing protection and everything audiology! We service & repair most major brands of hearing aids, too.

Hear Better. Live Better.

195 S. Main St, Longmont • 303-651-1178 • www.LongmontHearing.com

Did you work at

ROCKY FLATS

Claim Your Compensation & Medical Benefits Today!

Contact: Stephen Dellerba
720.612.4708 / stephend@givinghnc.com



Join Your Pickleball Peers Only \$25/Year

- Socialize with Players • Attend Organized Events
- Have a Voice for More Courts
- Stay Pickleball-Informed



www.bocopickleball.com • bocopickleball@gmail.com

Ageism Matters

Ageism Awareness Day 2024



Kris & Sara

This day, led in the US by the American Society on Aging, draws attention to ageism and its impacts. Ageism negatively affects our health and well-being, financial security, and economy. Join us in raising awareness about ageism and what we can do about it. Here are ideas on how:

Educate yourself and your community

Our website, www.ChangingtheNarrativeCO.org, has resources on reframing aging and responding to ageism. Start with the Resources page.

The American Society on Aging (www.asaging.org) website offers a free Ageism Awareness Day toolkit. Whether as an organization or an individual, there are ways to participate, from sharing on social media to asking media and government representatives to recognize Ageism Awareness Day.

Connect with people of other ages

Intergenerational connections help reduce ageism. When we connect, our attitudes shift about people of different ages. Read more

about the power of intergenerational connection and download the intergenerational conversation toolkit on our website.

Host a discussion

Gather friends or colleagues to read Dr. Becca Levy's book *Breaking the Age Code*. Then, use our toolkit to host a conversation. (Check out OldSchool.info for more book ideas.) If video is more your style, our YouTube channel has multiple options to spark a conversation. Antidotes to Ageism, our video introducing ageism in healthcare, even has a discussion guide.

Share on social media

Follow organizations like Changing the Narrative and the American Society on Aging on social media and re-share posts. Search for #AgeismAwarenessDay to find posts from others raising their voices together - and add yours!

The easiest way to do something? Share this article. Join us in taking action for Ageism Awareness Day!

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

Social Security Today

Combating Elder Abuse

Elder abuse is the intentional mistreatment or harming of an adult over age 60. This abuse can take many forms – physical, emotional, sexual, and financial exploitation, as well as neglect. In the United States, an estimated 1 in 10 adults over the age of 60 experience some form of abuse each year. That number is likely much higher because elder abuse is often underreported – especially in underserved communities.

Abuse victims typically show emotional and behavioral red flags, such as depression, unusual fear or anxiety, or intentional isolation. Many victims are abused by someone they know or trust. It's important to look for unusual changes in behavior around:

- Family members.
- Staff at inpatient facilities.
- Hired or volunteer caregivers.
- People in positions of trust like doctors or financial advisors.

You can help make a difference by checking in with older loved ones. The first step to preventing abuse is to look for signs of mistreatment or physical harm, including bruises, burns, and other unexplained injuries.

There may also be signs of neglect such as:

- Hunger and poor nutrition.
- Poor appearance or hygiene.
- Lack of necessary medical aids like glasses or medications that a caretaker should be providing.

There may also be indications of financial abuse, including:

- Unpaid rent or other bills.
- Sudden changes to a will.
- Unusual changes in money management or habits.
- Large, unexplained financial transactions.
- Allowing someone new to access bank accounts.

If you suspect that a person is a victim of elder abuse, please report it. If you or someone you care about is in a life-threatening situation, call 911. If you suspect possible abuse – but see no immediate danger – contact:

- Your local Adult Protective Services at www.napsa-now.org/help-in-your-area.
- The National Center on Elder Abuse at 1-855-500-3537 (ELDR).

You can also find additional local resources by searching the Eldercare Locator for your community at eldercare.acl.gov/Public/index.aspx.

Take some time to call or visit an older adult. Ask if they are OK and listen to what they tell you. Pay attention to signs of abuse or unusual behavior. Most of all, don't be afraid to report suspected abuse.

For more information about elder abuse visit www.ssa.gov/payee/elder_abuse.htm.

Please share this information with your loved ones.

Colorado Gerontological Society presents

35th Annual Salute to Seniors



INFORMATION
303-333-3482

August 24, 2024
9:30 am to 3:00 pm (in-person)
Greek Events Center
4610 E Alameda, Denver
Free Admission/Free Parking

August 25, 2024
11:30 am to 1:00 pm (virtually)
www.senioranswers.org
Free

Featuring

- 75 exhibit booths
- Presentations on scams, income tax credit, property taxes, insurance, well-being
- Classic Car Show
- Health Fair/Well Being Tips
- Bingo
- Farmer's Market
- Family History Searches
- Clothing Boutique Sale
- Assumption Cathedral Tour
- Free Food Samples/Prizes

Featuring

- Aging in Place: Getting Rid of the Stuff Your Kid's Don't Want
- Protecting Yourself Against Scams
- Trivia
- Entertainment
- Prizes

Register at
www.senioranswers.org



Veterans: Reduce Your Risk of Suicide Crisis

Taking the time to take care of yourself before a suicide crisis is key to prevention. For many of us, it doesn't seem like there are enough hours in the day. You might be constantly prioritizing how you spend your time, with some things inevitably creeping down the to-do list. But what if you could do one thing that could potentially save your life? Would you do it?

I'm talking about being ready in case a suicide crisis happens. No one knows if or when one will strike. But in times of crisis, every second counts.

1. Take the time to recognize the signs of suicide crisis. Everyone faces challenges and some of those challenges may develop into a suicide crisis. Recognizing a crisis in yourself can help you know when to find support.

Crisis signs: These signs require immediate attention. If you're experiencing any of these and need medical attention, call 911 now. For immediate help in dealing with a suicide crisis, contact the Veterans Crisis Line: Dial 988 then Press 1. Typical crisis signs are: 1) Thinking about hurting or killing yourself immediately, 2) Looking for ways to kill yourself right now, 3) Talking about death, dying or suicide in an immediate sense, & 4) Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

Warning signs: These signs may indicate you need help. If you're experiencing any of these, contact the Veterans Crisis Line now: Dial 988 then Press 1. Typical warning signs are: 1) Feeling sad or depressed most of the time, 2) Experiencing hopelessness, 3) Experiencing anxiety, agitation, sleeplessness or mood swings, 4) Feeling as if there is no reason to live, 5) Feeling excessive guilt, shame or sense of failure, 6) Expressing rage or anger, 7) Engaging in risky activities without thinking, 8) Increasing alcohol or drug misuse, 9) Losing interest in hobbies, work or school, 10) Neglecting personal welfare and appearance, 11) Withdrawing from family and friends, 12) Showing violent behavior, like punching a hole in the wall or getting into fights, 13) Giving away prized possessions, & 14) Getting affairs in order, tying up loose ends or writing a will.

2. Take the time to make a safety plan. VA's Safety Plan app helps you create a custom step-by-step action plan to keep yourself safe when experiencing thoughts about suicide or self-harm. The app helps you identify personal coping strategies and sources of support, giving thoughts of suicide time to decrease and become more manageable. Once you create your Safety Plan, you can identify your

reasons to live and explore more tools to help you cope.

3. Take the time to think about risk and protective factors in your life. There is no single cause. Suicide is the result of a complex interaction of risk and protective factors at the individual, community, and societal levels.

Risk factors are associated with an increased likelihood of suicidal behaviors and can include: 1) Prior suicide attempt history, 2) Certain mental health conditions, 3) Access to lethal means, like guns or certain medications, & 4) Stressful life events, such as divorce, job loss or the death of a loved one.

Protective factors can help offset those risk factors and are characteristics associated with a decreased likelihood of suicidal behaviors. They include: 1) Access to mental health care, 2) Feeling connected to other people, & 3) Positive coping skills.

Veterans also have unique characteristics and experiences related to military service that may increase suicide risk or protect against it by: 1) Veteran risk factors: transition-related challenges, posttraumatic stress disorder, traumatic brain injury and experience with guns, or 2) Veteran protective factors: resilience, a sense of belonging and purpose through military service, access to VA mental health care and care for substance use disorders and positive coping skills learned in high-stress settings.

4. Take the time to learn about secure storage practices. Increasing the time and distance between a person in a suicide crisis and their access to lethal means—like guns, medications, alcohol, opioids, ropes, cords, or sharp objects—can reduce suicide risk and save lives. VA's Keep It Secure program promotes awareness about the simple steps you can take to protect yourself and your family.

5. Take the time to talk to someone. Even if you think you're OK, it might be helpful to talk with someone who understands what you're going through. Veterans Crisis Line responders are trained in military culture, and some responders are Veterans.

If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, or chat online at VeteransCrisisLine.net/Chat, or text 838255.

I remember an old saying, "There's no time like the present." Don't wait. Take the time now to be prepared in case a crisis happens. Article courtesy of Matthew Miller, Executive Director, VA Suicide Prevention Services.

Reflections

Once In A Lifetime



Martha Coffin Evans

As I watched the Olympic Games in Paris last month, it seemed for the thousands of competitors, this was their "once in a lifetime." For the athletes, regardless the sport, training had been their fulltime goal for decades. For some, it would be their first competing in an Olympic Game; for others, probably their last.

Years ago I had the opportunity to participate in another of the Olympic Games. I didn't do so as an athlete but, rather as a volunteer.

The opportunity came as a result of a program given by Art, Director of PR and Personnel for Santa Anita Race Track in Arcadia, California. I wondered about volunteering for those Summer Games. "People are taking their vacation time to volunteer," Art said.

I debated – should I take vacation time and volunteer? Or, should I give this "once in a lifetime" opportunity a miss. I said "Yes" and never looked back.

From hearing Peter Ueberroth, president of the Los Angeles Olympic Organizing Committee, give an opening address to the assembled volunteers at UCLA

to following the yellow footprints to receive our uniforms, it became magical. My cornflower blue skirt and jacket w/ teal-colored white shirt, enabled me to be easily identified in the stands if needed for assistance.

If our uniforms were red, white and blue, the expected colors, volunteers would blend in with the crowds.

Working the Athletes Lounge gave me a different perspective on the competitors as many equestrian riders were older. Helping Lord and Lady Callenan find their chauffer, after a Turf Club party, became another different, yet gratifying, experience. Seeing Prince Phillip added yet another dimension.

The Olympic Torch Relay took a strong hold during those Games. I know I've stood on street corners waiting for the torch to pass.

How many times have we missed an opportunity? I took mine! I encourage you to take yours.

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

STEP UP TO MORE
with **TRU PACE**



TRU PACE is a Healthcare Plan and Healthcare Provider that helps you Stay One Step Ahead

All Included Care All Under One Roof. TRU PACE is a whole continuum of preventative & coordinated care on-site and in-home, so you can stay IN your home for as long as possible.

- Medical Care
- Durable Medical Equipment and Medication
- Dental, Vision & Hearing
- Physical & Occupational Therapy
- Transportation
- Enrollment all Year-round
- Homecare
- PACE Provider Network and MORE!

The Focus is on *You*

Step Up to PACE Today!




303.926.4745 • www.PACE.trucare.org

Program of All-Inclusive Care for the Elderly

Mental Health On Suicide



Dr. David Remmert

September is National Suicide Prevention Month. While older adults comprise just 16.8% of the population, they account for approximately 22% of suicides. In 2022, among the nearly 50,000 suicides that took place in the U.S., more than one in five (10,433) were attributed to people age 65 and up. For older adults who attempt suicide, one in four will succeed, compared to 1 in 200 youth. Men age 75 and older face the highest overall rate of suicide. (All data from the National Council on Aging)

Older adults have some unique characteristics that make them more prone to suicidal thinking and behaviors. They are more likely to experience grief over the loss of a loved one or partner. They may have lost a sense of self-sufficiency due to chronic illness or pain and mourn the independent person they once were. Without a steady job income, they may be on a fixed budget and struggle to meet their needs.

Signs of suicide in older adults include a loss of interest in activities, giving away cherished items, avoidance of social interaction,

neglecting self-care, having a preoccupation with death, or a lack of concern for personal safety.

What can you do if you think someone is struggling? Don't be afraid to ask. Research shows that talking about suicide actually decreases risk, despite the common fear that mentioning suicide will give someone the idea. Be present for an at-risk person. Visit them regularly and encourage real discussions by disclosing your own struggles with aging. Keep them safe. Ask about their plan and help them remove access to means of suicide. Help them connect with others. Introduce them to friends and resources that have helped you. Follow up regularly and check in on them. Finally, encourage them to speak with an expert to get professional support and care.

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.



Estes Park Warns Visitors about Elk Viewing!

Estes Park would like to share information on wildlife safety, particularly elk within the Estes Park community. There have been recent high profile incidents involving humans and elk. Just before the summer rush of visitors heading to Estes Park, elk calving season takes place in the spring. During this time, female elk, referred to as cows, are highly protective of their calves, sometimes resulting in charging people who they deem to be too close. Unfortunately, some injuries to people have occurred during this sequence of events.

Remember, adult female elk weigh over 500 pounds. Male elk, or bulls, weigh between 700-1000 pounds, and they become extremely aggressive in the fall during the rut or mating season.

The following tips may be useful when encountering or otherwise viewing elk:

- 1) View from a distance of at least 50 yards,
- 2) Do not approach or get too close to elk in an attempt to engage or pet them.
- 3) Respect the private

property of others while viewing wildlife.

4) Always keep your pets on leashes, and never allow them to chase or antagonize wildlife. This can result in the trampling of your pets.

5) If driving, do not stop your vehicle on the roadway.

The Estes Park Police Department does enforce wildlife laws that include laws against feeding or harassing wildlife or allowing pet owners to harass wildlife. I hope you find these tips to be helpful, and as always, thank you for your continued support of your police department! Please email me directly at Rbaranyos@estes.org, with any comments, questions, or concerns. You can also reach me at 970-577-3827. Enjoy the rest of your summer and please, be safe! Article courtesy of Ryan Baranyos.



Senior Law Day

www.bocoseniorlawday.org

Saturday, September 21, 2024
9:00 am - 12:00 pm

Longmont Senior Center
910 Longs Peak Avenue, Longmont

Presentations: Estate Planning, Advance Directives, Long-Term Care Planning, Scams & Fraud, and MORE!

Ask-a-Lawyer: FREE One-on-One Consultations

Complimentary 2024 Senior Law Handbook

Doors and Exhibits Open 8:15 am
FREE to Attend, Pre-Registration Appreciated

For more information and to pre-register, go to www.bouldercountyseniorlawday.org or call 303-441-1170

Thank you to our 2024 PLATINUM SPONORS!

LAW OFFICE OF SARAH PHERAL, LLC

Prime Time News

LIVING Southwest Longmont

Benefits in Action

Struggling to buy food?
WE CAN HELP!

Call now: 720-826-6989

Putting Healthy Food Within Reach

This institution is an equal opportunity provider.

Ron Stern's Travel Series

Hotel Maxwell Anderson, Glenwood Springs

Building on its lasting reputation for elegance and hospitality, the Hotel Denver has a new name and a fresh look. Now known as Hotel Maxwell Anderson, this new identity of a fictional train conductor harkens back to the early railroad days of the 1880s. Back then the Denver and Rio Grande and Chicago Midland Railroads brought trainloads of workers, settlers, and tourists to the expanding town of Glenwood Springs.

Opened in 1915, this renovated historic boutique hotel has integrated the best elements of the past with a clean modern design.



Retaining its vintage charm together with a contemporary appeal, travelers seeking a memorable stay in the center of town will discover it here.

As one of the oldest hotels in Glenwood, it has been witness to more than 100 years of history. Much of this has been preserved during the recent renovation. Just beyond check-in, the three-story atrium lobby has been redesigned to make better use of the space.

Plush couches, tables, chairs and historical artifacts surround a massive stone fireplace, providing a relaxing seating area for conversation and refreshment.

Large windows allow natural light while overhead, suspended crystal chandeliers adds to the whimsical vibe. Vintage accents like Tiffany-style lamps, steam trunks and memorabilia can be found both

here and throughout the public spaces. The walls are adorned with contemporary artwork and photos that extend to the upper floors. The adjacent Glenwood Canyon Brewpub's entrance is now accessible from the lobby.

90 rooms and suites have been meticulously updated using upscale textiles and a "sophisticated color palette." Each room has been thoughtfully adorned with modern furnishings, high-speed Wi-Fi, HDTVs, a dedicated workspace and premium bedding and linens. As one who suffers from back and neck issues, I found the beds and pillows to be heavenly bliss and had my best sleep in years.

Some of the original exposed bricks were retained as part of the redesign. If these walls could talk, they would regale you with tales of prohibition, gangsters, shootouts and two world wars. Even Doc

Holliday came to town for his health. You can view his gravesite via a short hike up to Linwood Cemetery.

Through the decades, the Hotel Maxwell Anderson has served travelers with elegance, comfort and a superior level of hospitality. This tradition has continued today with a bold, modern design



and a sense of nostalgia, providing a memorable experience for each guest.

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



Say you saw it in 50 Plus Marketplace News

TRADING POST

Travel

TRAVEL with ALETA
Motor Coach Tours .
Call or email Aleta for information.

*Request colorful flyers for groups with full details!
720- 382 -3814 ***
blondealeta@msn.com

www.GroupTrips.com/
travelwithaleta
Last Call ! There is still lots of room!!!

Mt. Rushmore, Black Hills South Dakota, Crazy Horse, Deadwood and more!

October 7- 11 (Monday -Friday)
\$715 for 5 days

Branson Holiday Shows

November 10 – 16, 2024
\$1015 for 7 days
6 night hotel lodging
10 meals, 6 Fabulous Christmas Shows

Upcoming 2025 Tours

Washington, DC- Our Nations's Capital

June 3 – 13, 2025
11 days /10 nights
\$1550

Virginia Beach, Colonial Williamsburg and Historic Norfolk

April 25 -May 5, 2025
11 days and 10 nights
\$1560 (Virginia Beach Aquarium, Naval Base Harbor Cruise, Mariners Museum, guided Tours Williamsburg and more

San Antonio, TX

October 11 -19, 2025
\$1180
9 days / 8 nights
Guided Tour of San Antonio, cruise River Walk District, Alamo

Travel

and more

****Prices are for double occupancy and include RT transportation, all lodging, admissions to attractions and most meals!**

Services

Gutter Cleaning

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

Support for Caregivers:

Specialized counseling services designed for family and professional caregivers. Visit ContemplativeCaregiver.com or call (720) 776-9924 to explore how we can support your caregiving journeys.

Tired of all the clutter in your life?

I will coach you to declutter from the inside out. Call for a free one hour clarity call to see if coaching is right for you.
Carrie Copeland Coaching
401-480-7103

Silver Wings Arts Program

Adult day program creating music, art, movement M-F, 10:30a-3:30p. Certified caregiving, dementia trained, PhD, CPR. Day rates 720-436-6397
seniorsitterscolorado@gmail.com

I GOT THIS

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

For Sale

55 Senior Community \$400.00 Lot
Rent includes water & trash, 3 Bdrm 2 Bath \$169,500.00
Erie CO.

Appliances, water heater, furnace A/C 3 years old.
Call Mary Rose
303-946-0865.

1997 Red Camaro Convertible, Beige Interior, Full Power Systems, Call Ken
At 397-2897-5447 with best offer.

Services

Heal by the Lake:

Explore the restorative powers of fishing therapy at St. Vrain State Park.

Explore your path to wellness today at ContemplativeCaregiver.com or call (720) 776-9924.

Is your loved one safe to drive?

Call us to learn more about our evidence based diagnostic tool that can determine a person's ability to safely operate a vehicle
The Brain and Behavior Clinic 303-938-9244

Events

MUSIC JAM:

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

Stay Up-To Date on scams in Colorado.

Monthly columns by the District Attorney Offices and Better Business Bureau are available at 50plus.news/senior-scams

TRADING POST ORDER FORM

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

50 Plus Marketplace

4400 Sioux Dr.
Boulder, CO 80303

Copy due by the
10th of the preceding month

September 2024	6/10/2024
September	7/10/2024
September	8/10/2024
September	9/10/2024
September	10/10/2024

ADVERTISER'S INFORMATION

Name _____
Company _____
Address _____
City, State, Zip _____
Phone _____
Email _____

Genealogy Rocks!



Carol Darrow

Do you Zoom? In the olden days we used to ask, "Are you afraid of flying?" Perhaps you think that Zooming is scary, or perhaps too hard

to master. For me and many of my genealogy colleagues, it's been the wonder tool for continuing to share our genealogical skills and knowledge.

When the pandemic hit in March 2020, almost every meeting venue closed. There was fear that we would never see each other again! But within a month, we learned about Zoom, a computer-based program that let us hold meetings, make presentations and answer questions about our favorite topic.

We didn't know if it would be a temporary fix or whether we would need to use Zoom into the future. Perhaps when we could meet in person, we wouldn't need the electronic marvel. But what made meetings, classes and national conferences accessible to us during those dark days had another benefit.

Zoom brought us new members from distant places who could attend local presentations on land records or DNA without travel or expense. It also allowed us to remain active in the genealogical community even with health or disability issues that limited our travel. We just needed to register for a meeting and tune in.

There's even an online guide to the thousands of offerings available on Zoom. It's ConferenceKeeper.org. You can search by date, topic, location, or conference, virtual or in person. What a wonderful way to broaden your genealogy education or focus on a particular topic of interest. Sometimes there's a fee for attending a meeting but many more are free.

There's no need to install a Zoom application on your computer. You can just tune in to a meeting using the link provided by the organization. Free, easy, fun, and informative. Give it a try!

Carol Cooke Darrow zooms a Beginning Genealogy class and the WriteNOW family writing group each month. Register at cogensoc.us.

We Care

Health Matters Relief For Hand Arthritis

Osteoarthritis (OA), also known as degenerative arthritis, is a common condition that affects many people as they age. OA starts when the cartilage in a joint that cushions the ends of the bones wears down and then over time disappears.

OA in the hands affects the joint at the base of your thumb and the middle and top joints of your fingers. Most symptoms can be managed effectively with non-surgical treatment options:

- Topical and oral medications to help manage pain and inflammation in affected joints. These include topical nonsteroidal anti-inflammatory drugs (NSAIDs), such as Voltaren, and oral NSAIDs (ibuprofen, naproxen and celecoxib). Tylenol (acetaminophen) can also offer pain relief.

- Supplements, there are many, but the better known are glucosamine with chondroitin and turmeric. However, many have not been studied in formal clinical trials.

- Corticosteroid injections, which are injected synthetic derivatives of naturally occurring cortisone.



Dominik Rog, MD

- Biologic injections such as platelet rich plasma (PRP) and stem cells. PRP is a treatment that uses a patient's own blood cells to accelerate healing in a specific area. Stem cell technology is still in its infancy, with not much long-term clinical research available yet.

- Braces or splints to support and protect the affected joint, provide joint stability, lessen strain and promote proper joint alignment.

- Hand/occupational therapy is a useful adjunct for managing OA symptoms.

When conservative measures are insufficient, surgical interventions may be necessary and include:

- Joint fusion to stabilize severely damaged joints, sacrificing flexibility for pain relief.

- Joint replacement to replace damaged joint surfaces with artificial components such as those in finger and hand joints.

- Specific joint reconstruction procedures tailored for bone spur removal or thumb arthritis.

Dominik Rog, MD, is a board-certified orthopedic surgeon with Boulder Medical Center.

Pets Are Family Keeping Pets Safe During Poor Air Quality and High AQI

Air quality can fluctuate due to various factors such as pollution, wildfires, and dust storms. When the Air Quality Index (AQI) rises to unhealthy levels, it can pose significant risks not only to humans but also to pets. Protecting our furry, feathered, or scaled companions during these times is crucial for their health and well-being. Here's a comprehensive guide to keeping pets safe during poor air quality and high AQI.



Judy Calhoun

Understanding AQI and Its Impact on Pets

The AQI is a numerical scale used to communicate how polluted the air currently is or how polluted it is forecast to become. The scale ranges from 0 to 500, with higher values indicating worse air quality. Here's a quick breakdown:

- 0-50: Good
- 51-100: Moderate
- 101-150: Unhealthy for sensitive groups
- 151-200: Unhealthy
- 201-300: Very Unhealthy
- 301-500: Hazardous

Pets, like humans, can experience adverse health effects when exposed to high levels of air pollution. Common issues include respiratory problems, eye irritation, and exacerbation of pre-existing health conditions.

It may be temporarily challenging for active dogs that rely on significant physical activity for their behavioral health. Introducing more indoor enrichment activities, like long-lasting treats or puzzle feeders that are appropriate for your dog to eat and play with, may be beneficial to prevent boredom or other unwanted behaviors. Check out a previous blog post for indoor enrichment ideas (look for it)

Tips to Keep Pets Safe

1. Limit Outdoor Activities

When the AQI is high, reduce your pet's time outdoors.

2. Create a Clean Indoor Environment

- Close Windows and Doors: Keep windows and doors closed to prevent outdoor air from entering.

- Air Purifiers: Use HEPA air purifiers to remove particulate matter from the air inside your home.

- Avoid Indoor Pollutants: Refrain from smoking indoors, using strong cleaning products, or burning candles, as these can worsen indoor air quality.

- Vacuum: Vacuum floors frequently to help mitigate pollutants that can be brought inside on clothing and pets. Consider using a vacuum with a HEPA filter to better trap dust, pet dander and

other very small particles.

3. Monitor Your Pet's Health

- Coughing or Wheezing: Respiratory distress can manifest as coughing, wheezing, or labored breathing.

- Eye Irritation: Red, watery eyes can indicate irritation from pollutants.

- Fatigue or Lethargy: Increased tiredness or lethargy might be a sign that your pet is not feeling well.

- Nasal Discharge: Any unusual nasal discharge should be checked by a veterinarian.

4. Keep Hydrated

Ensure your pet has access to plenty of fresh water. Hydration helps maintain overall health and can aid in alleviating some symptoms caused by poor air quality.

5. Consider Protective Gear

- Pet Respirators: Available for some animals, these can help filter out harmful particles.

- Booties: Protect their paws from potentially contaminated surfaces.

6. Consult Your Veterinarian

If your pet has pre-existing health conditions or if you notice any symptoms of distress, consult your veterinarian promptly. They can provide specific advice and, if necessary, prescribe medications to help manage symptoms.

Special Considerations for Different Types of Pets

- Dogs and Cats: Follow the general guidelines, with extra attention to brachycephalic breeds (those with flat faces) like Bulldogs and Persians, as they are more susceptible to respiratory issues.

- Birds: Keep birds in well-ventilated areas with air purifiers. Birds are particularly sensitive to poor air quality.

- Small Mammals: Ensure their cages are kept clean and in well-ventilated areas. Avoid using bedding that can contribute to dust and dander.

- Reptiles and Fish: Maintain clean tanks and terrariums, ensuring that any ventilation systems are functioning properly to keep air or water quality high.

Conclusion

During times of poor air quality and high AQI, taking proactive steps to protect your pets can prevent health issues and ensure their well-being. By limiting outdoor activities, creating a clean indoor environment, monitoring their health, and consulting your veterinarian, you can help your pets navigate through these challenging conditions safely.

TRU PACE Removes Barriers for Older Adults Wanting to Age In Place and Avoid Nursing Homes

September is National PACE Month—an opportunity to celebrate PACE (the Program of All-Inclusive Care for the Elderly). PACE is an innovative care model that allows older adults over age 55 with long-term care needs to live independently in their communities for as long as possible.

As seniors and caregivers look for opportunities to maintain independence at home along with support and services, PACE stands out as a proven model that provides care for older adults in their own homes and empowers them to age with dignity and independence. It can be frustrating driving from appointment to appointment, managing medications, and dealing with doctors who don't talk with one another. Additional struggles of having to leave a loved one at home alone without supervision and interaction can burden a family. A PACE program's innovative model of care takes the burden off the family and care coordinators while giving seniors the support they need to thrive.

PACE is more than a list of services; PACE is a complete solution.

TRU PACE provides a better quality of life with dedicated caregivers, transportation, homecare, full medical care, rehabilitation, medication, medical equipment, mental health support, meals, and opportunities for socialization at the day center. The PACE Center serves as the central hub of all services, including scheduling and transportation to and from all appointments. In PACE networks there is never a co-pay, deductible or coverage gap so you can access the care, services and medications you need. PACE's comprehensive services and interdisciplinary team can be an invaluable solution for

the older adult and their caregivers who are balancing the needs of family and work.

September is National PACE month.

Older adults over age 65, are the fastest-growing age group and account for the majority of complex patients with multiple chronic conditions and significant social and health needs. According to a recent NIH study 58% of older adults do not have a care coordinator to help them navigate their healthcare while 47% of older adults have used emergency rooms for care they could have received in a doctor's office. That's why this year's National PACE month theme is "Simplify Your Life: At Your PACE". PACE is a quickly growing model of care in the United States. Currently, there are 167 PACE organizations operating in 33 states and the District of Columbia and serving more than 76,000 enrollees.

About TRU PACE

TRU PACE is a nonprofit organization that empowers older adults to age with dignity and independence. As a division of TRU Community Care founded in 1976, TRU PACE is a trusted resource in north Denver including all of Boulder, Broomfield, and portions of Weld, Adams and Jefferson counties. TRU PACE operates the Program of All-Inclusive Care for the Elderly (PACE), which allows eligible seniors to live at home for as long as possible by providing comprehensive medical care and social services. The TRU PACE clinic and day center in Lafayette, CO provides health programs, meals, activities, mental health support, and case management services to seniors. For more information, please visit www.PACE.trucare.org.

iPostal1 Service Reveals Colorado Tops Lost Mail Study

New research has revealed the states where your mail is most likely to be lost, with Colorado taking the top spot. Experts in digital mailboxes at iPostal1 analyzed the average number of monthly Google searches in each state for over 150 terms related to lost mail, including 'USPS mail recovery' and 'FedEx lost mail.' The number of searches in each state were compared to the population to determine which state has the most lost mail per 100,000 citizens.

At the top of the list is Colorado, with 12,667 cases of lost mail per 100,000 citizens each month. This could be attributed to the challenging weather conditions in the state throughout the winter months, as well as its mountainous terrain.

In second place is New York, with 12,631 occurrences of lost mail per 100,000 residents each month. New York is known for its dense and busy urban areas, which combined with the state's complex infrastructure, could contribute towards delivery issues.

Sixth is Wyoming, with 12,356 lost letters and packages per 100,000 citizens each month. Wyoming's vast and sparsely populated areas could pose challenges to postal services, leading to more

occurrences of lost mail.

Jeff Milgram, CEO and Founder of iPostal1 has commented: "While the postal service works diligently to deliver mail promptly and accurately, certain states face inherent challenges that make this task more difficult. Residents in states like Colorado, New York, and Florida should be particularly vigilant about tracking their mail and reporting any issues to their local postal services. There are steps individuals can take to minimize the risk of lost mail, such as ensuring that addresses are accurate and include all necessary details, as well as using secure or digital mailboxes."

iPostal1 is well-regarded for its digital mailbox services. According to customer reviews, they have an excellent rating on Trustpilot with 4.3 out of 5 stars. Additionally, iPostal1 has an A+ rating with the Better Business Bureau. Article courtesy of iPostal1.



MAJOR MEDICARE PROGRAM CHANGES

Starting Jan. 1, 2025

Caused by the Inflation Reduction Act EVERYBODY

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

We are holding 6 group, information only presentations.

Call to reserve your spot now.

Oct. 1 2pm and 6:30 pm

Oct. 8 2pm and 6:30 pm

Oct. 15 2pm and 6:30 pm



Ron



Brie

303-776-0867
455 Weaver Park Rd. Ste. 100C
 (south side of building)

S	T	O	B	S	H	A	R	P	H	O	S	E
P	A	P	A	L	A	S	E	R	O	P	E	N
E	R	I	S	A	R	I	S	E	L	A	N	D
C	O	N	S	U	M	M	A	T	E	O	L	D
S	T	E	E	P	S	N	A	G				
	T	O	R	S	O	T	R	A	C	E		
E	F	T	N	I	C	A	D	A	P	E	X	
R	I	A	L	M	A	K	E	R	M	E	R	E
O	S	L	O	G	U	L	A	G	S	E	C	
S	C	A	L	P	M	I	M	A	S			
	L	I	S	P	W	A	R	E	S			
P	O	I	M	A	C	R	O	P	H	A	G	E
C	A	R	P	A	S	H	E	N	A	C	R	E
O	U	Z	O	L	E	A	S	T	R	E	E	D
S	L	O	P	L	O	T	T	O	A	R	T	S

Find Einstein



Can you find the hidden Einstein in this paper?



Poetry Rising

It's that time. The wildness of color is beginning to show off for us...not waiting for an invitation. Just showing up with its elegant displays. Our lives are dropping back into the routines we know so well. Reminds me of the Christmas puzzles where we endeavored to get the little silver balls into the proper hole—and then all was well. Time for us to seek out silence ... for no reason. Knowing of its rich rewards.

SOME DAYS

Some days
silence comes,
giving me no choice.

No music, please,
or conversation.
Don't break the spell.

Gradually,
life fills in the blanks.
The hum of the heater,
or the ice-maker,
working on my behalf.

Causing me
to recognize
that we must show up
for silence
to receive its gifts.

Recognizing
how easy it is
to spend a lifetime
looking for grace
in the noise
of a busy world.

Some days,
I can be a child again
lying on the lawn
watching the clouds
form pictures just for me.

Some days,
there comes the privilege
of knowing silence
and its partner, gratitude.

Some days,
that is all I need.

(c) Barbara Wood Gray
"Sharing the Song"

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

Five Summer Safety Tips to Protect Dementia Persons from Wandering

Wandering is a very common and potentially dangerous behavior for those living with dementia, but it is even more hazardous during the hot summer months. High temperatures and prolonged sun exposure can very quickly cause heat stroke and dehydration. To help caregivers protect their loved ones over the summer months, the Alzheimer's Foundation of America (AFA) is providing tips to reduce the chances of wandering and help prepare them to respond quickly if their loved one goes missing.

"Hot summer months create additional safety risks if someone with dementia wanders from home, which is why their family caregivers need to be proactive," said Jennifer Reeder, LCSW, AFA's Director of Educational and Social Services. "Creating a setting where someone with dementia can maintain the benefits of walking by being active and stimulated in a safe environment, while also meeting basic needs, and having an emergency plan in place, are the best ways to protect the person's well-being and quality of life."

Examine the motivations for wandering. There can be many reasons why someone with dementia wants to walk outdoors; it can provide a feeling of purposefulness, excitement, or pleasure. This is especially true if the person lived an active lifestyle prior to the onset of their illness. Identify consistent and sustainable ways to support physical activities and stimulation in a safe environment: create walking paths around the home with visual cues and engaging objects; involve the person in simple tasks; and offer enjoyable activities (i.e., exercise, music, crafts). Ensure the basic needs (i.e., thirst, hunger, a need to use the bathroom) are met, as wandering can also be an expression of an unmet need.

Safeguard the home. Facilitate safe movement by avoiding clutter and eliminating tripping hazards. Be mindful of how objects like car keys, jackets, and purses might trigger the person to leave suddenly. Install electronic chimes or doorbells on doors so someone

is alerted if the individual tries to exit. Consider using a smart doorbell with an app that can notify you when someone is entering or exiting the home.

Be aware of your loved one's patterns. Know what times of the day may be more activating than others and try to offer stimulating activities during those times. Encourage healthy sleep habits to reduce the chances of the person leaving during the middle of the night. If your loved one does wander, document their patterns (frequency, duration, time of day, etc.) to help guide you in the future.

Develop a safety plan. Keep a list of places the person may go (i.e., previous home or place of employment, favorite spots around town). Have a recent close-up photo and medical information readily available to give to first responders, if needed. Keep a list of people to contact if the person goes missing and ask neighbors to call you if they see the person out on their own. See if your community has a safety program for families affected by dementia, such as Project Lifesaver, which allows you to voluntarily enroll your loved one to receive locating technology which first responders can activate if the person goes missing. To the greatest extent possible, get input from the person when developing the safety plan.

Mitigate risks by taking precautions. Caregivers should take extra precautions during the summer, such as ensuring the person is properly hydrated, dressed in light clothing, protected from the sun, and always supervised when outdoors. Keep a hat handy to protect your loved one's eyes and face. Using tracking devices or alarms, and educating neighbors about your loved one's condition, can also help quickly locate an individual if they do wander.

AFA's Helpline is staffed entirely by licensed social workers who are specifically trained in dementia care and can provide additional information about wandering prevention tips. The Helpline is available seven days a week by phone (866-232-8484), text message (646-586-5283), and web chat (www.alzfdn.org).

Say you saw it in 50 Plus Marketplace News

Dragonfly-mania

Sand Fleas, Sand Flies and Horse Flies can disturb your day on the beach. In August and September, it's not unusual to encounter Dragonflies, as well. Despite their names, Dragonflies are harmless. But they can ruin a day at the beach when they gather en

masse like they did recently on Misquamicut Beach in Westerly, Rhode Island where hundreds of thousands of them gathered in swarms all at once. It was like a scene from a horror movie, according to one reporter.

NOBODY KNOWS YOUR NEIGHBORHOOD
LIKE YOUR NEIGHBOR

RACHEL SIMRING

Senior Real Estate Specialist
Real Estate Negotiation Expert
Certified Market Expert
ABR & GRI

303-910-5225

www.rachelsimring.com

rachel.simring@porchlightgroup.com



Colorado Gerontological Society

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



Eileen Doherty

Hundreds of Coloradoans maybe eligible for financial assistance with Medicare Part B premiums of \$174/month. Colorado's Medicaid program is responsible for paying Medicare Part B premiums for those whose gross income from all sources is less than \$1992/month for a single person and \$2239 for a couple.

Individuals must have less than \$12,430 in resources with couples having less than \$20,130. Resource exemptions include a home, one car, a term life insurance, and an irrevocable burial plan. Individuals who participate in this program are also exempt from the Medicaid Estate Recovery program, meaning that Medicaid cannot put a lien on the home. Individuals cannot be asked to sign a waiver that allows the state to put a lien on their home by the county department of human services.

Very low-income individuals qualify for the Qualified Medicare Beneficiary (QMB) which pays the Medicare Part B premium as well as the Medicare Part A and B deductibles, the Part A and B co-pays and co-insurance. Those with a slightly higher income qualify for the Special

Low Income Medicare Benefit or the QI-1 program which pays only the Part B premium.

To qualify, you must apply either online at Colorado PEAK or <https://co.colorado.gov/colorado-peak> or submit a paper application.

All individuals who are eligible for financial assistance for Medicare Part B are also eligible for Medicare Part D assistance through the Low Income Subsidy or Extra Help with prescription drug premiums, as well as deductibles and co-pays for prescriptions. To apply for LIS, submit your application online at Social Security or <https://www.ssa.gov/medicare/part-d-extra-help> or call SSA at 1-800-772-1213.

If you have questions or for more information, call 1-855-293-6911.

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

Call for a Tour. Lunch is on us!

Peaceful Assurance

Rest assured knowing we will take care of the ones you love.



Residents at the Bridge live in lovely surroundings while receiving all the personal assistance they need to keep their independence. We offer several private studio and one-bedroom apartments.



THE BRIDGE
AT LONGMONT

303-774-8255

Pratt Street, Longmont CO 80501
www.centuryapa.com

Part Time SALES!

50+ Marketplace

Choose Your Own Hours and Serve Seniors.
Call Robert at **303-694-5512**
For Details.

Information for the 50+ Community

BUSINESS PARTNERS

You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!

Call For Eligibility!

Boulder Meals on Wheels: 720-780-3380

Coal Creek Meals on Wheels: 303-665-0566

Longmont Meals on Wheels: 303-772-0590

Have Medicare Questions? I have answers.

 **Chuck Peabody**
Licensed Sales Agent
Covering All of Colorado
A Non-Government Entity

970-591-7245

Happy Labor Day from

50+ Marketplace

Happy Grandparents Day from

50+ Marketplace

Cameras Wanted!

I collect, use and sell film and digital cameras.

Text what you have or call 970-823-0002

Prices Paid depends on condition.
BRUCE

Clip and save for future reference.

Senior Tax Filer
\$150 per tax return

MD Bookkeeping & Taxes
421 21st Avenue Ste 10
Longmont Colorado 80501
303-776-8025

By Appointment Only

Valid on Tax Prep Feed Only. New Customers Only.
One Coupon per customer/year. Self Employed Seniors are \$200/ return. Exp. Apr. 15



1918 efaa 2018

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

Visit www.efaa.org for more information

FILE OF LIFE

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

Boulder Fire Rescue Longmont Fire Department



DONATE YOUR CAR!

Wheels for Wishes
Make-A-Wish Colorado
Call: 720-907-3825

Advertise Your Service Here! Call 303-694-5512 for details!

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>.

September is Fall Prevention Month. Staying physically active is an important part of preventing falls.

FREE Introduction to Tai Chi for Fall Prevention

This introduction to tai chi will emphasize balance and include time for questions and answers. East Age Well Center, Tuesday, September 3, noon – 1 p.m. Registration code #37957

Move with Ease: A FREE Introduction to Feldenkrais®

Learn to use slow, mindful movements to achieve powerful results in terms of balance, flexibility, and coordination. East Age Well Center, Tuesday, September 3, 2:30 – 4 p.m. Registration code #38250

Dance for Balance with 3rd Law Dance/Theater

During Falls Prevention Month enjoy FREE dance classes offered by 3rd Law Dance/Theater.

Classes are designed for people living with Parkinson's but benefit anyone with mobility concerns. West Age Well Center, Thursdays, September 5 – 26, 1 – 2 p.m. Registration code #37412
Stepping On – Fall Prevention Series

This FREE seven-week series is based on behavior change and prevention, focusing on balance and strength exercises, medication review, vision review and home modifications. East Age Well Center, Thursdays, September 5 – October 17 (7 classes), 2 – 4 p.m. Registration code #37385

Foundational Strength for Fall Prevention

This FREE experiential workshop will focus on strengthening the feet and legs. East Age Well Center, Wednesday, September 18, 1 – 3 p.m. Registration code #37668

Dental Aid

Preventive and diagnostic oral care and basic restorative procedures for older adults aged 60 and older. To schedule a Dental Aid appointment at the West Age Well Center or review questions regarding dental insurance coverage and payment options, please contact Dental Aid directly at 303-499-7072.



Lafayette Senior Services

Programs offered by Lafayette Senior Services
 Call 303-665-9052 or email olderadults@lafayetteco.gov to register.
Resource Fair for Older Adults
 September 20, 9am-12pm
 Engage with speakers, explore community resources, and enjoy breakfast. Pre-registration is recommended.

CSU Extension – Nature Walks
 September 9, 10-11am
 Join Boulder County CSU Extension Specialists, Emma Dhimitri and Lyndsay Gonzalez on a walk-in nature to learn about native Colorado plants and the connection between nature and our health.

Bird Sanctuary
 September 19, 8am-2pm
 We will visit the Bird Conservancy of the Rockies, connecting with the land and birds. Take a 1-hour educational tour on birds of the Rockies and visit the Nature center. We will stop for lunch on the return.

Classes in honor of Fall Prevention Month:

Pickleball Fall Prevention
 September 4, 2:30-3:30pm
 Doctor of Physical Therapy and Pickleball treatment specialist Charlotte Robinson will discuss ways to avoid court injury. Learn about safety, balance, and other

common injury prevention tips to keep you safe on the courts and improve your confidence while playing. She'll be taking a deep dive into how our balance system works, and addressing the three most common injuries seen in pickleball players over 65.

Mindfulness Think First for Fall Prevention

September 24, 2-4pm
 Practice guided meditation and integrate multiple strategies to prevent falls. Mindfulness meditation is a practice of encouraging attention to the present moment. This class offers tools to develop present-moment awareness and apply evidence-based fall prevention techniques to everyday life. It is facilitated by injury prevention and mindfulness professionals.

3rd Law Dance/Theater In Motion Project

September 25, 11:15am-12:15pm
 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.



September 2024
 Answers page 9

50 Plus Marketplace News Crossword Puzzle

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21							22			
23								24		25				
			26		27	28	29			30		31	32	33
34	35	36		37				38			39			
40			41		42				43		44			
45						46				47		48		
49				50			51				52			
			53		54	55				56		57	58	59
	60	61			62		63	64	65					
66					67						68			
69					70						71			
72					73						74			

ACROSS

- 1 Post
- 5 Acute
- 10 Flexible tube
- 14 Father
- 15 Intense light beam
- 16 Not closed
- 17 Greek goddess of strife
- 18 Spring up
- 19 Ground
- 20 Fulfill
- 22 Advanced in years
- 23 Precipitous
- 24 Obstacle
- 26 Trunk of the human body
- 30 Vestige
- 34 Newt
- 37 Nickel-cadmium battery

- 39 Vertex
- 40 Monetary unit of Iran
- 42 Manufacturer
- 44 Lake or pond
- 45 Capital of Norway
- 46 Soviet forced-labor camp
- 48 Not sweet
- 49 Skin of the upper part of the head
- 51 This moon of Saturn discovered in 1789 has a crater which is one third of the diameter of the satellite
- 53 Speech defect
- 56 Merchandise
- 60 Hawaiian food
- 62 Large white blood cell
- 66 Complain unreasonably
- 67 Gray

- 68 Land measure
- 69 Liqueur of Greece
- 70 Little
- 71 Grass
- 72 Swill
- 73 Bingo
- 74 Skills

DOWN

- 1 Eyeglasses
- 2 Fortune-telling cards
- 3 Express opinions
- 4 Hunting dog
- 5 Shut with force
- 6 Injury
- 7 Continent
- 8 Reposes
- 9 Primp
- 10 Holograph
- 11 Gemstone
- 12 Transmit
- 13 Conclusion
- 21 Atop
- 25 Near to
- 27 Outer edge
- 28 Heroin
- 29 Loose fiber used for caulking
- 31 Monkeys
- 32 Cover with wax
- 33 Executive Officer
- 34 Greek god of love
- 35 Exchequer
- 36 Monetary unit of Western Samoa
- 38 Delicatessen
- 41 Candy
- 43 Male sheep
- 47 Gape
- 50 The ratio between circumference and diameter
- 52 Desert in N Africa
- 54 Little
- 55 Stroll
- 57 One who races
- 58 Heron
- 59 Sows
- 60 What name did Saul take after his conversion
- 61 Ricelike grains of pasta
- 63 Converse
- 64 Repose
- 65 Upon
- 66 Long-leaved lettuce



TOTAL EYE CARE

Specialists in

- Macular Degeneration
- Glaucoma
- Cataracts
- Retinal disorders
- Dry Eye
- Cornea conditions
- Cosmetic Plastic & Reconstructive Surgery
- Refractive Surgery
- Routine Eye Care

Call today:

303.772.3300

www.EyeCareSite.com

**Boulder
 Longmont
 Lafayette**