

50 Plus Marketplace



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

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Denver to Invest Over \$500 Million to Restore Downtown Vibrancy

Mayor Mike Johnston announced in May to restore vibrancy and expand economic opportunity throughout Downtown Denver. Delivering on the promise of building a more accessible and prosperous downtown, Denver will invest more than \$500 million over the next decade to accelerate economic growth in the heart of Denver.

“This is a major step toward restoring downtown and building a more vibrant Denver,” said Mayor Mike Johnston. “This transformative investment will spur growth and redevelopment throughout the urban core while expanding economic opportunity across the city. Working alongside residents and businesses, we will restore downtown and prove that even our toughest challenges can be solved when we work together.”

Downtown Denver has been slower to recover from the pandemic than some other parts of the city. Like other urban cores across

the country, Downtown Denver has seen lower foot traffic, more businesses closing, and a lack of new housing development since the shift to remote work. The new funding stream announced today will help unlock more housing options, open more public spaces that are welcoming and accessible to all, and attract world-class businesses where people want to shop and work.

The new investment will be funded by the “Downtown Development Authority” (DDA). The DDA is a state statute that allows municipalities to fund downtown economic development projects by collecting a portion of the incremental taxes generated within the central business district. Denver’s existing DDA was established in 2008 and allows the city to generate revenue from a portion of the property and sales taxes collected in Union Station and Market Street Station. This arrangement has previously helped deliver more than \$400 million to support

transportation projects at Union Station to better serve residents and attract new visitors and businesses. However, the existing DDA is currently limited to this project.

In 2024, Mayor Johnston will work to update and expand the existing DDA. This will include working with local communities and businesses to craft a shared vision for a more vibrant downtown. These consultations will help inform a formal Plan of Development, which Johnston will submit for City Council approval. Through this work, the DDA will be able to deliver transformative public investments throughout the downtown core, which it cannot do today. In total, expanding the use of Denver’s DDA is expected to make more than \$500 million available for investment. The earliest funding would be

available is 2025.

Mayor Johnston has made revitalizing downtown a central part of his agenda. In his first six months as mayor, Johnston led a successful initiative to permanently close 10 street encampments in and around downtown and move indoors 1,000 people experiencing homelessness. As part of broader economic development efforts, Johnston also recently joined leaders from across the city to inaugurate the Colorado Convention Center expansion, a major redevelopment effort that is anticipated to generate an additional \$85 million in annual economic impact.



Lakewood Features INSPIRE Arts Celebration

The City of Lakewood is celebrating the vast variety of art during INSPIRE Arts Lakewood! The event encompasses free and low-cost arts and culture experiences hosted from May 25 to June 30 at more than 20 galleries, cultural centers, shops, and other art venues in Lakewood. The city’s Heritage, Culture and Arts facilities will host free community arts engagement activities throughout the month of INSPIRE Arts Lakewood. Registration and additional information for all art classes and programs are posted at Lakewood.org/Register.

On Friday, June 14, Lakewood Cultural Center will host a variety of activities including:

1) A public artist reception celebrating the exhibitions in all galleries will be hosted from 6 to 8 pm, 2) A panel discussion around fiber arts will be moderated in conjunction with the exhibition “Fiber Feast,” which showcases a collection of works across a wide array of woven, tufted, threaded, and wound materials in the North Gallery, & 3) A chance to try something new during a community tufting workshop hosted in the North Gallery.

Throughout the month, drop-in art opportunities will be hosted in

the Corner Gallery, and the youth camps will host performances and arts exhibitions in the lobby every Friday in June at 11:30 am. and 3:30 pm.

All month, the Washington Heights Art Center offers make-and-take art activities showcasing the fascinating process of pottery will be available in this engaging, community-driven arts environment. Ongoing classes are offered at this facility, check them out while visiting and sign up to let your creative juices flow.

On Saturday, June 1 at the Heritage Lakewood Belmar Park, the annual Rockin’ Block Party offers live music and an outdoor movie screening at the outdoor amphitheater from 5 to 11 pm. There is always something happening at HLBP! A new exhibit promoting community engagement, “Get Involved” is on display at the Heritage Lakewood Visitor Center. Reservations are available for tours of the historic structures. The Museum Store offers retro gifts. Camps and programs are offered for all ages!

INSPIRE Arts Lakewood is a carefully crafted partnership that showcases the vibrant and rich arts culture flourishing in the third-larg-

est city in the metro area. Beyond the activities listed above, art lovers are invited to connect with a myriad of local artists, galleries, makers, and creative spaces in the community.

Attend the First Friday events in the 40W Arts District on June 7. Experience the vibrancy of The Art Block at Belmar or the diversity in the exhibition by students at Red Rocks Community College. Looking to get interactive? Participate in creative activities at Rocky Mountain College of Art + Design, and the Belmar Library, or take a walk along Alameda to experience the exceptional public art supported by Alameda Connects.

There is no better time than a Colorado summer to get out and celebrate the creative organizations and events that make up the City of Lakewood’s INSPIRE Arts Lakewood. For the complete list of events, visit Lakewood.org/INSPIRE, or visit the websites of



the participating organizations. For more detailed information, please contact Arts Programming Curator Laine Godsey at 303-987-7844 or LaiGod@Lakewood.org.

INSIDE

Origins of Flag Day

Page 2

Job Hunting

Page 3

Broomfield Ranked 6th

Page 6

Brush Creek Ranch

Page 9

JUNE Calendar

Thursday/13

The Colorado Gerontological Society presents a free program on “Making a Plan for Your Pet “ by Eileen Doherty at noon on Zoom. Pets are extremely important to many people. As one ages and faces end of life decisions, planning for your pet should be part of your planning. Today there are many services that are available. Please register online at <https://www.senioranswers.org/events/advance-care-planning-educational-series/>.

Saturday/15

Colorado Genealogical Society presents a free program on “A Step Back in Time: 100 Years of CGS Memories” including the annual elections for President and Secretary, and voting on a Bylaw Amendment on Zoom at 9:30 am. Please register online at <https://cogensoc.us/cgs-events/june-program/>.

Castle Rock Genealogical Society presents a free program on “Shoestring Strategies for the Thrifty Genealogist by Ellen Kowitz at 10 am on Zoom. Genealogy database subscriptions and retrieving foreign documents are expensive, and hiring professionals can be a luxury product. What is the budget-conscious family historian to do? Fortunately, freebies, discounts, and shortcuts exist. Please register online at <https://crcgs.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>.

Check individual venues for current information

We Care

Origins of Flag Day

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

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

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

The current design of the U.S.



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

The flag has become a powerful symbol of Americanism. Our flag

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

Information for the 50+ Community

Downtown Denver Public Art Walking Tour

Join Denver Public Art on a leisurely walk around Downtown Denver and learn about some of Denver’s most unique, eccentric public artworks. Why do the sidewalks sing? Why are there hubcaps on the old police station building? Why is the Big Blue Bear blue? And much more!

The tour will last approximately one hour. Tour participants will meet at the Botero sculptures, “Man” and “Woman” on the Denver Performing Arts Complex Galleria near 14th and Curtis Streets and will be led by Rudi Cerri.

Cost is \$5 per person. Children under the age of 16 must be accompanied by an adult. No cost for children 10 and under. Tours are rain or shine, however should conditions become dangerous because of severe weather, Denver Public Art reserves the right to cancel or delay/pause the tour. If any tour is canceled before it is 50% complete, we will reach out to you to offer tickets to an upcoming date or a refund. The next walking tours are scheduled for June 14 and July 14 at 10 am. Please contact us at least five business days before the event for any special needs.



Denver Downtown Blue Bear Sculpture

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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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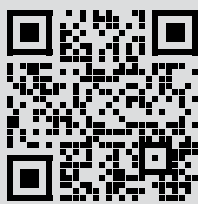
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Seven Effective Job-Hunting Strategies for Older Adults!

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

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

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

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

1. Browse advertised job openings

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

One drawback of applying for advertised jobs is that many other people may be competing with you for the same job. To make sure you don't spend too much time on these listings:

1) Focus your efforts on just one or two specific sources, such as a job site for retired professionals or your local newspaper. 2) Respond to new job openings right away, as long as they appear to be from a familiar, legitimate place of business. Don't waste your time on old listings.

3) Never give out your credit card number, Social Security number, or other personal information when responding to job listings.

2. Tap your personal network

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

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

3. Call your local staffing agencies

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

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

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

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

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

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

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

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

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

Ageism Matters

Busting Myths About Older Workers



Kris & Sara

People of one age are not all the same. Instead of broadly categorizing older adults as unproductive or uniform in health and financial situation, we must recognize the range of possibilities that this group represents. Some assumptions that need overturning:

Myth 1: Older people cannot work

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

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

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

Myth 3: Older people are sick

Health does, on average, decrease with age. However, it does not happen at a specific point, in the same way, to the same extent, or at the same rate for everyone.

We cannot make accurate assumptions about the health of one individual just based on age.

Myth 4: Older people don't want to work

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

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

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



Helping You Get The Most out of Your Prescription Drug Benefits

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

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

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

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

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

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

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

Express Scripts is helping patients better understand and manage their conditions through comprehensive disease management, including condition-specific coaching, tracking medication ad-

herence, and digital tools.

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

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

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

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

To learn more, visit evernorth.com/affordableforall.

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



Genealogy Rocks!



Carol Darrow

Sometimes new genealogy researchers complain when there are gaps in records or digitized documents that are hard to read.

As an official "old-timer," I want to point out that for genealogists, this is the best of times.

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

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

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

records and Civil War compiled service records that are now online. We also now have access to new records that are being added daily to our online databases.

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

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

Carol Cooke Darrow is a professional genealogist who teaches the free CGS Beginning Genealogy class on Zoom on the second Saturday of each month. Register at cogensoc.us.

Uniquely Bea

“You Ain’t Alone, Grandma!”



Bea Bailey

As a bit of a “reformed” control freak and worry wort, I am always trying to find ways to reframe the many thoughts that are running through my busy little mind. Replaying “if only, what if and why” can ultimately steal your joy and result in free floating anxiety...at least for me.

A good friend of mine reminded me of an observation that he has in life. It entails the difference between looking through your rear-view mirror as opposed to focusing on your front windshield. Some of you may have heard this analogy before, but it bears repeating.

The purpose of a rear-view mirror is to allow you to see what is behind you. Please note that it is much smaller than your front windshield...for a reason.

The dimensions are commonly around 10 to 12 inches wide and 3 to 4 inches tall. You are allowed a quick peak at what you just drove by. There are benefits in looking back at your life and the decisions and any associated outcomes. Reflecting on them is good, lingering on them serves no purpose.

The average size of the standard front windshield is 59 inches X 31.5. The purpose of this larger windshield is to look at what is ahead of you. What lies in front of you will have more impact on your life than what is behind you. There might be multiple seen and unseen opportunities lying ahead. Striving for this outlook greatly reduces my anxiety...not eliminates it, but greatly reduces it.

It won’t hurt to look at this concept and try to apply it to your life, if you think it might help.

“Don’t look back...You aren’t going that way”. Ben Francia

Colorado Gerontological Society

Hearing Loss Contributes To Epidemic Of Loneliness And Isolation



Eileen Doherty

Denver, CO. The United States Surgeon General Dr. Vivek Murthy has issued an Advisory on the US Epidemic of loneliness and isolation.

Dr. Murthy noted “the epidemic of loneliness and isolation has been an under-appreciated public health crises that has harmed individual and societal health”.

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

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

Research suggests that hearing loss is also associated with loneliness and social isolation. Funding

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

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

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

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

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Reflections

He’s My Hero!



Martha Coffin Evans

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

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

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

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

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

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

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

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

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

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



SHAKESPEARE FESTIVAL

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CU PRESENTS

University of Colorado Boulder

Broomfield Ranked Sixth in Best Place to Live!

Broomfield was recently revealed as #6 out of 100 on Livability's 2024 list of the Top 100 "Best Places to Live" in America. For these rankings, analysts focused on small to mid-size cities with populations between 75,000 and 500,000. Economy, housing, cost of living, safety, transportation, amenities, and other factors were taken into account as well.

Surrounded by the majestic Rocky Mountains, Broomfield provides an idyllic backdrop for those seeking a place with a low cost of living that doesn't skimp on amenities or quality of life and has endless outdoor activities and a thriving local economy.

The article on the Livability website says that Broomfield, as a technology hub, has many amenities, including nature trails, upbeat breweries, golf courses, and vibrant parks for its over 76,000 residents.

Why You'll Love Living In Broomfield, Colorado:

Broomfield is smaller than the state capital but bursting at the seams with entertainment, attractions, and outdoor amenities. New-

comers and long-time residents alike appreciate the more than 700 acres of green space, including numerous bike trails, 45 playgrounds, and three public golf courses.

The cost of living in Broomfield is about 20% higher than the national average, but higher salaries help offset those costs. The job market is vibrant and active, boasting significant industries like manufacturing, software, and health care, but you can also find plenty of opportunities in the energy, retail, and education sectors.

Major employers such as Ball Aerospace, Mrs. Fields Cookies, and Noodles & Company contribute to the city's strong economy, as does UCHHealth Broomfield Hospital and other regional medical centers. Plus, Broomfield is known as a city that offers favorable conditions for women in the workforce. It's also a great place to raise a family, with plenty of fun attractions along the U.S. 36 corridor, including Butterfly Pavilion and Water World in nearby Federal Heights.

WHALE OF A USED Book Sale

SPRING 2024

Thurs.- Sun., MAY 30 - JUNE 2

Jefferson County Fairgrounds
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Rocky Mountain National Park Trail Ridge Road Status

Due to ongoing and forecasted winter weather conditions at higher elevations in Rocky Mountain National Park, Trail Ridge Road will not be opening this holiday weekend. Park snowplow operators have been plowing Trail Ridge Road since mid-April. May storms with significant winds at higher elevations have hampered snow plowing operations. Plow operators this week have encountered additional snow accumulation, significant wind resulting in deep snow drifts, freezing cold temperatures and ice.

Current vehicle closure points on Trail Ridge Road are at Many Parks Curve on the east side and Colorado River Trailhead on the

west side. Pedestrians and bicyclists should prepare for high wind gusts, snow accumulation, deep drifted snow, and ice above tree line. Access points for these users will vary based on weather and road conditions. Visitors parked in traffic lanes or blocking access gates will be cited and towed. Visitors traveling past pedestrian and bicycle closures will be cited.

It's springtime in the Rockies! Check back on our website at <https://www.nps.gov/romo/planyourvisit/.htm> for the latest road conditions. Be sure to use the park's reservation system to enter the park at <https://www.recreation.gov/timed-entry/10086910>.

Denver Regional Mobility & Access Council (DRMAC)



Denver Regional Mobility & Access Council (DRMAC) is a non-profit organization that addresses transit needs for all by coordinating, advocating, and educating to achieve our mission of mobility & access for all! DRMAC serves the following Colorado counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Gilpin, and Jefferson

Getting There Travel Training

DRMAC provides a FREE multi-modal transit training course, teaching individuals in our community how to use a variety of mobility options other than SOV. To register for a travel training email soneill@drmac-co.org

Information & Assistance Line

The DRMAC Transportation I&A Center is a free, live-line resource to help users identify transportation options in the Metro Denver area. The I&A line is open Monday-Friday from 8:30am to 5:00pm. Call 303-243-3113

Getting There Travel Guide

Our Getting There Guide is a printed guide to transportation services for the Denver Metro area. To download a PDF version of the guide, or to request a paper copy please visit our website at www.drmac-co.org or call us at 303-243-3113.

Getting There Travel App

The Getting There app is a great tool to use when looking for transit options on the go! Our app provides transit options tailored to location, accommodations, age, and more! It is free to download, easy to use, and can be downloaded on to apple and android devices

Monthly Meetings & Events

DRMAC hosts monthly meetings, events, and trainings in partnership with the community to share information and resources. The overall goal is to make transportation accessible and affordable for all

Membership

The support of our members and community partners is crucial to our mission. Membership helps us continue our work from a four-pronged approach: advocacy, coordination, education, and information.

For more info about DRMAC programs please email info@drmac-co.org or call 303-243-3113



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Denver Rules for Outdoor Water Use

A warmer, drier Colorado is changing the kind of landscapes that thrive in our communities. Follow the summer watering rules to care for the lawn you use, while mapping where your water-wise, more diverse ColoradoScape can take root and fit naturally into our climate, needing little to no additional water.

Creating a culture of conservation and water efficiency in Denver dates back to 1936 when Denver Water advertised on street trolleys asking customers to help save water. The modes of transportation have changed, but the message remains the same, as does our commitment to helping customers use this precious resource wisely.

Follow these simple summer watering rules from May 1 to Oct. 1.

The watering rules incorporate best practices for efficient outdoor water use that will help keep your landscape healthy. It's a simple way for you to help protect our water supply now and in the future.

- Water during cooler times of the day: lawn watering is NOT allowed between 10 a.m. and 6 p.m.
- Water two days per week, add-

ing a third day only when needed. (Watering more than three days is not allowed.)

- Do not allow water to pool in gutters, streets, and alleys.
- Do not waste water by letting it spray on concrete and asphalt.
- Repair leaking sprinkler systems within 10 days.
- Do not irrigate while it is raining or during high winds.
- Use a hose nozzle with a shut-off valve when washing your car.

Longer grass is more water efficient. Keep cool season grasses like Kentucky bluegrass between 2.5-3.5 inches and warm season grasses between 1-3 inches.

Report water waste:

• If you see water waste in Denver parks, water use that does not meet the rules, call 3-1-1.

• To report water waste anywhere else, do one of the following:

- Fill out our Report Water Waste form online (available 24/7).
- Chat with us during business hours using the blue chat icon located in the lower right-hand corner of this page.
- Call Denver Water at 303-893-2444.

Say you saw it in 50 Plus Marketplace News



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- Refreshments will be served; registration is available at the door.

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

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

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

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

are being added daily to our online databases.

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

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

Carol Cooke Darrow is a professional genealogist who teaches the free CGS Beginning Genealogy class on Zoom on the second Saturday of each month. Register at cogensoc.us.

Pets Are Family

What is Animal Enrichment?



Judy Calhoun

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

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

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

scented toys, a training session, a new bed or comfy space, outdoor adventures, etc.

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

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

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

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

In The Spirit

When This Life Is Over

"And as it is appointed unto men once to die, but after this the judgment."
(Hebrews 9:27 KJV)



Dr. Armington

In the forty-three years I have served as a license and ordained minister, I have had very few conversations on the topic of death. The reasons are not hard to understand. Death in the best of circumstances is not easy to discuss. Even as an academic topic, most of us would rather not talk about dying. We feel uncomfortable when the subject arise and so, we avoid it whenever possible.

America is the only country in

the world where people think death is optional. You may miss several appointments in your life, but that is one appointment you will not miss. Every week, thousands of people experience death. Some die peacefully, others in fiery catastrophes, still others in hospital beds and some die totally unexpectedly. What will be your experience of death and where will you spend eternity, thereafter?

For more inspirational nuggets, you may purchase a copy of the Author's gentry of writing via www.DrArmington.com at your convenience.

Ron Stern's Travel Series

Brush Creek Ranch, Wyoming

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

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

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

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

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

Overall, the meals here are spectacular, with most of the in-

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

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

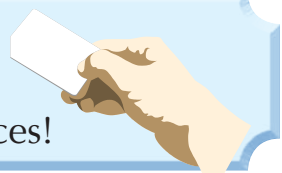
Most meals and activities at the ranch are included in the price, and a la carte services are extra. If looking for an upscale, romantic get-a-way or a place that grandchildren will love, Brush Creek Ranch should be at the top of your consideration list.

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



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Flag Day June 14

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

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

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

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

and hope.” — Ronald Reagan

“You’re the emblem of the land I love. The home of the free and the brave.” — George M. Cohan

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

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

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

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

Fathers Day Quotes

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

Margaret Truman
A father’s smile has been known to light up a child’s entire day.

Steve Martin
A father carries pictures where his money used to be.

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

Billy Graham
A good father is one of the most unsung, unpraised, unnoticed, and

yet one of the most valuable assets in our society.

Dwayne “The Rock” Johnson
I realized being a father is the greatest job I have ever had and the greatest job I will ever have.

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

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

Unknown
“Happy Father’s Day to all the dads, the not yet dads, the step-dads, the moms who are dad, the adoptive dads, the granddads, and the dads who are no longer with us.”



‘Panda-monium’

Who would opt for a holiday visit to China? It’s not exactly among the world’s more glamorous holiday destinations. But if you love pandas it’s where you’ll find them — usually. But beware: at least one

zoo in China has run out of pandas and has been replacing them with Chow Chow dogs whose fur has been trimmed and dyed black-and-white to resemble the iconic Chinese bears.

He Did It With ‘Gator Aid’

A trapper from the Florida Fish and Wildlife Conservation Commission wrestled with a nine foot long alligator that showed up at an elementary school in Wesley Chapel, FL recently. The gator

won the first round when it tossed him off its back. But in the end the trapper, with help, was able to subdue the nasty critter as kids were leaving school for the day.

50 Plus Marketplace News Crossword Puzzle

June 2024
Answers page 4

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ACROSS

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

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

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

DOWN

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



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How Older Adults Are Changing America

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

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

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

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

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

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

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

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

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

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

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

Protect Your Online Identity With Strong Passwords!

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

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

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

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

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

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

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

Technology is Hip!

How Will Quantum Computers Benefit Us?



Bob Larson

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

1. Quantum Bits (Qubits):
 - Quantum computers use quantum bits (qubits) to store and process information.
 - This property allows quantum computers to perform certain calculations faster and more efficiently than their classical counterparts.
2. Complex Problem Solving:
 - Quantum computers excel at tackling complex problems that classical computers struggle with due to their binary-based architecture.
 - These problems often involve a high degree of complexity, such as simulating the behavior of individual atoms in molecules or identifying subtle patterns of fraud in financial transactions.
3. Unique Properties of Qubits:
 - Quantum computers use quantum bits (qubits) that can exist in multiple states simulta-

neously due to superposition and entanglement.

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

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

4. Specific Applications:

- Quantum technology is advantageous in several domains:
- **Materials Science:** Quantum simulations can help discover new materials with desired properties.

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

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

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

5. Future AI Applications

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

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

Bob Larson is a technologist and our Marketing Director.

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Wheat Ridge Active Adult Center (AAC)
 6363 W. 35th Avenue - Wheat Ridge, CO 80033
 303-205-7500

Please pre-register where necessary. All events and classes are held at the AAC unless otherwise noted.

For additional info on our programs, visit www.rootedinfun.com

Movie Matinee

Enjoy the movie "Ferrari" on Thursday, June 27th at 1pm, the movie is free but pre-registration is required, call 303-205-7500 to register. Bring \$1 for pop & popcorn, if you like!

Safety and Self Defense for Everyone

Learn simple, practical ways to keep safe and defend yourself. In this class, learn how to avoid potential threats, de-escalate heightened tension, and set strong boundaries. We will also learn some easy, approachable, and inclusive self-defense strikes that anyone can do. This class is for everyone, no matter your age, gender, or ability level. This class will be held on Sat. June 22nd, cost is \$25, call 303-205-7500 to register.

Advanced Beginners Bridge Class

This 10-week class features the Standard American Bidding System. Bridge players of all levels are welcome to join this class. You will be a declarer and a defender learning helpful hints to make you more successful at both.

This class will be held on Thursday afternoons beginning June 6th, cost is \$55, call 303-205-7500 to register.

Gentle Yoga - Evening Classes

In these yoga classes, you will develop core strength, improve flexibility, and become more centered through a series of yoga asanas (poses). Bring your yoga mat and join instructor Mari McKinny on Mondays from 6-7pm; Lisa Toyne

on Tuesday evenings from 6-7pm and Pamela Ewald on Wednesdays from 6-7pm. Cost for each monthly session is \$25, call 303-205-7500 to register.

Trips

We have numerous outings planned each month, stop by the AAC to pick up the latest copy of the trip guide. We also offer easy and more difficult hiking trips and weekly walking outings. Call 303-205-7500 to register or register online at: rootedinfun.com

Special Interest Drop-In Groups
 (Drop-in fees \$4.50 paid for with an Electronic Enrichment Pass)

Train Dominoes - 2nd and 4th Mondays, 1pm

Silversmith Lab - Every Wednesday, 9am - noon

Booktalk - Thursday, June 27th - Book: "One Second After" by William R. Forstchen, 10am

Pastel Painting - 2nd Thursdays, 10am

Maj Jong - Wednesdays, 9-11am
 Canasta - 1st and 3rd Fridays, 1-3pm

Beginning Tap Dance

Tap dancing has many physical benefits including memorization skills, building muscle memory & increased mobility. Join teacher Jenna Roe for this fun and invigorating class. Classes are offered on Monday mornings. Cost is \$37 a month, call 303-205-7500 for more info.

Fitness and Dance

The AAC offers a variety of fitness and dance classes, stop by the AAC and pick up a schedule. More information on all AAC activities offered are available in the printed Rooted in Fun Guide or online at: www.rootedinfun.com. You can also pick up a copy at the AAC or the Wheat Ridge Recreation Center.

Apex Community Recreation Center
 303.424.2739 • apexprd.org

Below is a sampling of Apex's upcoming Active Adult program. You can stay updated on all the latest offerings by visiting Apex-PRD.org. The following activities are all hosted at the Community Recreation Center, 6842 Wadsworth Blvd., Arvada, unless otherwise noted. Please register in advance for all programs by visiting online or calling 303.425.9583.

Did you know?

The Community Recreation Center offers great rental opportunities for small gatherings, HOA meetings, retirement celebrations, birthday parties, memorials, and any other groups as little as 5 and up to 250! Contact Michelle at 303.467.7197 for more information.

Adult Trip - Molly Brown House Museum: Wednesday, June 5, 9 am

Take a step back in time at the Molly Brown House Museum. On our guided tour, we will walk through the house, including three floors and 16 rooms. We'll experience the Browns' private sitting area and bedrooms and glimpse their servants' living and working quarters. \$48 (\$58 non-res.).

Aloha to Summer: Wednesday, June 12, 10 am

Enjoy Hawaiian-inspired mocktails and fresh food, all while soaking up the sun-kissed atmosphere. Take advantage of the chance to embrace the island spirit and kick off summer in style. We thank our sponsors, Senior Placement of Denver, Optimal Aging, Seniors Helping Seniors, Optum/New West Physicians, Arbor View, Kaiser Permanente, Gardens at St. Elizabeth, Kipling Meadows, Relay Colorado, Covenant Living, Health Plan Helpers, and Clear Spring Healthcare. Free, but advance registration is appreciated.

Spanish I: Tuesday, June 18, 1 pm

Learn greetings, the alphabet, pronunciation, numbers, weather, time, and more. Gain lots of new vocabulary, begin speaking in the present tense, and have a strong base by the end. We converse during each class session. \$50 (\$63 non-res.).

Crime Prevention Class: Wednesday, June 26, 11:30 am

The Crime Prevention Class is a two-hour class geared towards cit-

izens interested in learning basic crime prevention tips and tools to help reduce crime. Presented by the Community Response Impact Team (CRIT) of the Arvada Police Department. The class will also cover crime and statistics and how to become more involved with the Neighbors Connected program. The topics that are covered in this class include: Crime Prevention for Your Home, Reporting Crime, Vacation Tips, How the Police Respond to Calls, Protecting your Neighborhood, How To Be a Good Witness, Good Habits, Overall Questions and Specific Concerns About Your Neighborhood. Free, but advanced registration is appreciated.

Cooking with Friends - Lunch: Wednesday, June 26, 11:30 am

Join us as we prepare, clean up, and enjoy a light summer lunch together in the Community Recreation Center's fabulous kitchen. On the menu: Asian ground turkey lettuce cups, Asian sweet and sour cucumber salad, along with baked apple pie eggrolls and refreshing iced tea. \$25 (\$33 non-res.).

Active Adult Welcome Breakfast: Friday, June 28, 9:30 am

Whether you're new to the district or ready to try some new activities, discover the many diverse opportunities across Apex. Enjoy a light breakfast while you learn about various social activities, education, arts and crafts, fitness, aquatics, trips, hikes, clubs, volunteering, and how to get involved. We will also be discussing the benefits of insurance-based memberships.

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