

50 Plus Marketplace



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

September 2024 • Volume 30 • Issue 9

Aurora Announces New Police Chief

The City of Aurora has selected Todd Chamberlain to lead the Aurora Police Department. Chamberlain would be sworn in as the new chief of police on September 9.

“Todd is a seasoned professional who has a deep understanding of fair, ethical, consistent and constitutional policing,” said City Manager Jason Batchelor. “He has the executive skillset to run a large, complex organization like APD and put leaders in place at all levels of the agency. He also has a track record of partnering with community leaders to reduce crime, enhance community safety, and establish open, honest, and transparent dialogue with community members. He is an excellent communicator and is astute at collecting and analyzing critical performance data in line with industry best practices.”

Chamberlain’s career in law en-

forcement began in November 1984 at the Los Angeles Police Department (LAPD), where he rose through the ranks and retired as a commander in 2018. As commander, he oversaw roughly 1,800 personnel across six divisions. He subsequently served as Chief of Police for the Los Angeles Unified School District (LASPD). More recently he has worked as a public safety consultant and a university lecturer at California State University Los Angeles.

During his time as Chief of Police with LASPD and during his tenure as an LAPD commander, Chamberlain led and instituted all aspects of a 21st century policing operation, including crime reduction, community policing and partnerships, and risk mitigation. He established and oversaw policy and procedures involving the use of force, community engagement, citywide homelessness initiatives,

and innovation related to the city’s intervention and prevention programs.

Notably, Chamberlain served as LAPD’s first homelessness coordinator. He developed the Homeless Outreach and Proactive Engagement (HOPE) team, which has been emulated throughout the law enforcement community. Chamberlain has been committed to serving diverse communities with a focus on understanding and addressing their unique needs. Throughout his career, he has worked to build bridges of trust and collaboration, ensuring that every voice is heard and respected.

“I’m deeply honored to be selected to lead the Aurora Police Department and am committed to serving the city of Aurora, its dedicated police personnel,

and, most importantly, the community we all strive to protect,” said Chamberlain. “I look forward to embracing the challenges and successes ahead, with a focus on fostering strong relationships, building trust, and ensuring collaboration at every level. Together, we can make a lasting impact on the safety and well-being of our city.”



Aurora PD Chief Todd Chamberlain

Lakewood Cultural Center Presents Master Illusionist Vitaly!

Lakewood Cultural Center celebrates 25 years of extraordinary performances by kicking off the 2024-2025 LCC Presents season with “VITALY: An Evening of Wonders.” Hailed as “one of the most captivating and enjoyable illusionists performing in the world today” (Chicago Tribune), Vitaly Beckman stumped Penn & Teller twice on their hit TV show “Fool Us.” He lit up Times Square and amazed audiences all over the world. Now he brings his latest and most ambitious production, “An Evening of Wonders,” to the stage at the Lakewood Cultural Center at 7:30 p.m. on Friday, Sept. 27 and 2 p.m. on Saturday, Sept. 28.

Combining breathtaking visuals with Vitaly’s captivating style, “An Evening of Wonders” is an interactive theatrical experience that takes the audience on a magical journey. Along the way, Vitaly blends art and illusion to illustrate the story of his transformation from a boy with a dream to a man with a vision — the vision of a world where the rules of reality do

not exist. In this world, paintings spring to life, photographs become mini-movies, and audience members see their faces vanish from their own driver’s licenses. Even time itself reverses as bare broken branches visibly repair and renew themselves with the green leaves of spring.

Featuring some of the most original illusions ever witnessed, many of which touch on tender topics such as love, loss and growing old, Vitaly’s “An Evening of Wonders” does more than entertain. It moves, inspires, and instills within all who experience it a fresh perspective on life and a greater realization that

ours is a world of beauty and wonder. This is a must-see event!

Faces that disappear from drivers’ licenses. Paintbrushes that paint on their own. Photographs that come to life right before your eyes. Blending art and illusion with his captivating style, Master Illusionist Vitaly Beckman’s one-of-a-kind theatrical experience leaves even the most jaded audience awestruck. “Ingenious!” per TV celebrities Penn & Teller!

Tickets start at \$29 and can reserve them at 303.987.7845 or order online at

Tickets@Lakewood.org.



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SEPTEMBER Calendar

20th Annual Rocky Mountain Geriatrics Conference and Community Research Symposium

Saturday/14

The Castle Rock Genealogical Society presents a free program on "Luther, Napoleon and the Kaiser - German History for Genealogists" by Ursula C. Krause at 10 am on Zoom only. Why is what happened in Augsburg on September 25, 1555, one of the most important historical events in German history and of utmost importance to researchers? Find out in this presentation why knowing the most important events in German history can be helpful for your research. Please register online at <https://crcgs.org>.

Saturday/21

The Colorado Genealogical Society presents a free program on "19th Century America: Cultural Changes and Their Effects on Records" by Sylvia Tracy-Doolos at 9:30 am to noon on Zoom only. Sylvia will discuss research during the 1800s. Please register at <https://cogen-soc.us> to receive the Zoom info and any handout.

Tuesday/24

The Aurora Genealogical Society presents a free hybrid program on "Ancestors Prior to the Revolutionary War" by David Fryxell at 1 pm. If some of your ancestors came over on the Mayflower or subsequent colonial arrivals instead of through Ellis Island, researching their lives in colonial America has never been easier. Please register online at <https://aurgs1981.wixsite.com/auroragenealogical> also to receive the Zoom info and any handout.

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

The 20th Annual Rocky Mountain Geriatrics Conference and Community Research Symposium is back in town on September 19 and 20, as one of the premiere resources for education in aging in Colorado.

Hosted on the CU Anschutz Medical Campus, the conference is a unique opportunity for community members to connect with clinicians, researchers and health-care professionals for a 2-day insight into geriatric innovations and research connecting how we age.

This year's theme: Current Controversies, Emerging Ethics and Taboo Topics in Geriatrics showcases a variety of relevant and unique presentations and breakout sessions, featuring almost 40 speakers and experts in the field of

aging. A few of the presentations include:

- Transforming Geriatric Care with AI: Opportunities and Challenges
- The Science of Sleep: Decoding Brain Aging with Digital Health Innovations
- How About Psychedelic Drugs: Older Adults and Long Strange "Trip?"
- Older Adults and Sexual Health

The conference and symposium also include opportunities for participation in fun and interactive research directly with clinicians and researchers, with a more personal approach to community questions about aging.

"This 2-day event is a unique opportunity for community members to learn from some of the

leading clinicians and researchers working in aging, as well as participate in fun and interactive research studies. It's an event community members shouldn't miss!" says, Jodi Waterhouse, Director, Strategic Partnerships & Programs at CU Anschutz Multidisciplinary Center on Aging.

Presented by the CU Anschutz Multidisciplinary Center on Aging, CU Anschutz Division of Geriatrics, and VA Eastern Colorado, this conference is an exceptional resource in the world of geriatrics and aging research that you won't want to miss out on.

Register here!

<https://tinyurl.com/3ja9dm8a>

For more information, contact Jodi Waterhouse: jodi.waterhouse@cuanschutz.edu

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50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material 300 words or less are to be emailed to sales@50plusmarketplace news.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

DEADLINE

10th of the Preceding Month

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

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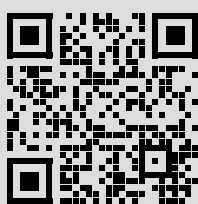
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Five Summer Safety Tips to Protect Dementia Persons from Wandering

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).

9th Annual Senior Connection

Todd Creek Golf Club House
8455 Heritage Drive

From I-25 exit Hwy 7 East (East 160th) 5 miles to Yosemite (traffic light). Turn right (South) then right onto Heritage Drive. Club House on right.

Wednesday, September 18th

SENIORS ON STAGE

10 am—Chris G—Professional Piano Player

11 am—Wicki's Boutique Fall Fashion Show

Noon—HTC Players' Dancers

pm—Sweets for Seniors

Over 40 Vendors with products and services for today's Seniors

Roulette Wheel For Door Prizes!

Free Admission

Come any time between 9 am and 1 pm No invitation needed. Bring a friend!

Please call or email WestWind Productions with any questions.

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Senior Connection

Jewish Community Center
350 S Dahlia, Denver, CO
Tuesday, September 24th
Guests park by the Theater Entrance

SENIORS ON STAGE

10 am—Young Heart Band

11 am—Wicki's Boutique Fall Fashion Show

Noon—Country Classics by Eddie Kendrick

1 pm—Sweets for Seniors

Vendors with products and services for today's Seniors

Roulette Wheel For Door Prizes!

Free Admission

Come any time between 9 am and 1 pm No invitation needed. Bring a friend!

Please call or email WestWind Productions with any questions.

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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. De-

spite 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 Wester-

ly, 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.

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 sonneill@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



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.



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.

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



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.



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Membership

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Hispanic Chamber membership is open to small businesses and non-profit organizations as well as small, mid-sized and large corporations. For more information about Hispanic Chamber membership please contact us at **303.534.7783** or e-mail us at info@hispanicchamberdenver.org

EXPO: THERE'S NO PLACE LIKE HOME

**WED., SEP. 11,
9 AM-12 PM**

Many people prefer to live in their home or apartment as long as possible. Learn about in-home services and products to help keep you or a loved one at home longer. Also, explore senior housing options if you are considering a new place to call home. Participants completing the expo are entered in a drawing for prizes, including gift cards. This event is free to the public, but please register in advance.

Contact Michelle at MichelleS@ApexPRD.org, 303.467.7197, for more information or to register.

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Titles Galore

It's not every day that the King of England bestows a royal title on a British resident. Earlier this year he conferred the title of Royal Companion of The Order of the Companions of Honour on his daughter-in-law, Princess Kate. He also declared his son, Prince William, Kate's husband, with the

title of Great Master of the Most Honourable Order of the Bath. Meanwhile, most recently King Charles III traveled to Saint Peter Port, Guernsey to confer the special title of Royal Golden Guernsey Goat on a rare golden goat breed.



COPS THAT COOK!

The Pancake Breakfast is back!

Proceeds benefit Shop with a Cop.

Friday, September 13, 7-10 a.m.

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- ★ EXCITING POLICE VEHICLES
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Visit Lakewood.org/CopsThatCook or call 303.987.4820 for more information.



33 Years of Service Providing Information for the 50+ Community

20TH ANNUAL ROCKY MOUNTAIN GERIATRICS CONFERENCE & COMMUNITY RESEARCH SYMPOSIUM

*Current Controversies, Emerging Ethics
& Taboo Topics in Geriatric Care*

Highlights and What to Expect

Join the CU Anschutz Multidisciplinary Center on Aging for a 2-day event featuring:

- Recent research discoveries connect with how we age
- The opportunity to connect with clinicians, researchers and other community members
- Participation in fun and interactive research



Learn More!



Registration link: <https://tinyurl.com/3ja9dm8a>

September 19-20, 2024

CU Anschutz Medical Campus | Elliman Conference Center

Questions about registration? Contact:

Jodi Waterhouse, MHA: jodi.waterhouse@cuanschutz.edu



Multidisciplinary Center on Aging
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Technology is Hip!

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Adopt AI for Student Classes



Bob Larson

Tomorrow uses their ChatGPT in their web Today, a German TV show highlights German schools using AI (artificial intelligence) programs. Over two-thirds of students in Germany use AI in many classes from elementary to high school and universities since 2022. At the elementary level, students use the popular software program ChatGPT in creating simple essays and poetry and love doing it!

Chat GPT was the first online software program to introduce generative AI program (a basic AI method) in 2020 to Internet users worldwide. Amazingly, after introducing their AI program, they had over one million users within a month. ChatGPT is a generative AI tool created by San Francisco based OpenAI developer that answers all types of questions and assists users with composing emails, essays, code, songs, poetry, photos, videos, and much more!

Since then, Microsoft, Google and others use generative AI in their web browsers to create answers to user's questions. Microsoft helped to fund Open AI and

uses their ChatGPT in their web browsers. Google uses a different AI method for their Gemini AI based browser.

German middle school students with the help of their teachers use ChatGPT for creating essays, solving math and chemistry problems, however doesn't solve the math or chemistry problem intentionally, but gives a method to solve the problem for students.

Many German teachers praise the ChatGPT learning tool as it speeds up the learning process and gives students the ability to use computers and software in creating ideas and solving problems quickly. After all, many large businesses use computers to create new ideas and solve problems. AI is becoming very popular in the business, engineering, financial, and manufacturing sectors worldwide and hire graduate students with AI skills.

What are the US schools doing with AI? Interestingly, ChatGPT or similar AI programs were banned at most US schools including universities because of fear and plagiarism until now! Makes you wonder what happened to our innovation!

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

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.

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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



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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.

We Care

Genealogy Rocks!



Carol Darrow

Do you tend 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.

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 at-

tempt 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.



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



Judy Calhoun

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.

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.

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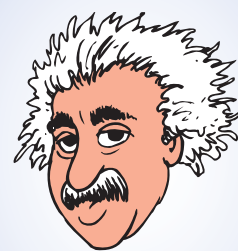
Conclusion

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.

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Bea Bailey

There is an expression that says...“One of these days is none of these days.” I totally agree with this. This concept is true no matter which subject you apply it to. So many wants and dreams lay dormant because we do not act upon them. Since this audience is 50+years... time is definitely marching on. I have been blessed to travel all over the world, with more stops in mind. However, there are easy trips that I could take that I haven’t focused on. I have always said that I wanted to go to New Orleans...but haven’t. I have always wanted to tour the South and visit famous plantations, painful as that might be. Why haven’t I done this? It is plain old procrastination and lightweight excuses. I will eventually reach a point that I am too old or sick to travel and would be filled with regrets. If not now, then when?

This week, I received a text from a woman I used to work with but have not traveled with. She just said in the text...“Wanna go somewhere...anywhere?” Now if this not having the Universe laying an opportunity at my feet then...I don’t know what else it could be!! She will be setting up the trip and I am going!

There must be some projects or adventures that you have been ruminating on but have not acted upon. Wanna go on a safari... then BOOK IT! Make your list...check it twice...and then go out and be naughty or nice!

“Ask yourself if what you’re doing today is getting you closer to where you want to be tomorrow.” — Anonymous

In The Spirit Watch Your Words Diligently

“There is that speaketh like the piercings of a sword: but the tongue of the wise is health.”
Proverbs 12:18 (KJV)



Dr. Armington

Words have such great power to bless or to wound. When you speak carelessly or negatively, you damage others as well as yourself. This ability to verbalize is an awesome privilege, granted only to those God created in his image. You need help in wielding this mighty power responsibly.

Though the world applauds quick-witted retorts, God’s instructions about communication

are quite different: “Be quick to listen, slow to speak and slow to become angry.” Ask

the Holy Spirit to help discipline and train your tongue before rendering answers to questions or discussions.

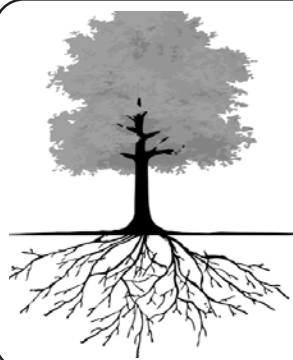
For more inspirational nuggets, you may purchase a copy of the Author’s gentry of writing via www.DrArmington.com at your convenience.

33 Years of Service Providing Information for the 50+ Community

Who Needs a Fish Tank

A fellow by the name of Je-Quan Irving and his pals in the Bedford-Stuyvesant neighborhood of Brooklyn have turned a leaky fire hydrant into a neighborhood gold fish tank. They call it the “Bed-Stuy Goldfish Pond” and Irving and his mates are determined to keep the pond despite

the efforts of the Department of Environmental Protection to shut off the trickling fire hydrant. They’ve already raised more than \$1,000 via a GoFundMe campaign and have purchased some 100 gold fish at the local pet store to stock the make-shift pond.



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50 Plus Marketplace News Crossword Puzzle

1	2	3	4	5		6	7	8		9	10	11	12
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55						56				57	58		
59						60				61			
62						63				64			

- ACROSS**
- 1 Alchemist’s mercury
 - 6 Spun by spiders
 - 9 Goad
 - 13 Water wheel
 - 14 Admirable
 - 15 Inheritor
 - 16 Transference
 - 18 Capital of Norway
 - 19 Help
 - 20 Consumes
 - 21 Fastens a knot
 - 22 Having wings
 - 24 Grasps
 - 25 Little flap
 - 28 Small yeast-raised pancake
 - 30 Farewell

- 31 Contradict
- 33 7th letter of the Greek alphabet
- 36 Metal container
- 37 Dish of raw vegetables
- 38 Gist
- 39 Before
- 40 Indian form of address
- 41 Money
- 43 Modify
- 45 Deprived
- 46 Glum
- 48 Seize
- 49 Mountains
- 50 Portico
- 52 Exclamation of surprise
- 55 Doing nothing
- 56 Sequence

August 2024
Answers page 9

- 59** Never
60 Lively
61 Lying flat
62 Formerly
63 Vessel built by Noah
64 Confronts

- DOWN**
- 1 Rectangular pier
 - 2 Japanese sandal
 - 3 Toward the mouth
 - 4 Metallic element
 - 5 Possesses
 - 6 Skin growth
 - 7 Periods of history
 - 8 Ten decibels
 - 9 Quantum of electromagnetic energy
 - 10 Buoyancy
 - 11 Greased
 - 12 Refuse
 - 14 The back of
 - 17 Noteworthy achievement
 - 22 Monkey
 - 23 Monetary unit of Romania
 - 24 Hasten
 - 25 Ornamental fabric
 - 26 6th month of the Jewish calendar
 - 27 Tropical fruit
 - 28 Reveal indiscreetly
 - 29 Cover
 - 31 Monetary unit of Thailand
 - 32 Biblical high priest
 - 34 Sod
 - 35 Encourage in wrongdoing
 - 37 Plant juice
 - 40 Speak
 - 41 Meadow
 - 42 An urban area
 - 44 Barren place
 - 45 Small nail
 - 46 State in the NE United States
 - 47 More mature
 - 48 Departed
 - 50 Fly
 - 51 Inhabitant of Turkey
 - 52 Musical instrument
 - 53 Clue
 - 54 Singles
 - 56 Handwoven Scandinavian rug
 - 57 Rotational speed
 - 58 Metal-bearing mineral



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Drop-In Classes
Craft & Community
 41760611 9/9-11/25 M 1:00-3:00 p.m. \$17/\$14 ok
Open Paint Studio
 41761411 9/5-11/21* Th 1:00-3:00 p.m. \$17/\$14
Drop-In Woodcarving
 41762512 9/4-11/27* W 2:00-4:00 p.m. \$17/\$14
Open Pottery Studio
 41751011 9/3-11/26 Tu 1:00-3:00 p.m. \$17/\$14
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Mahjongg
 Bring along your Mahjongg set and join in this complex game that originated in China, having up to 144 game tiles. The first person to match a hand of 14 tiles wins the game calling out, "Mahjongg!" 9/9-11/25 M 12:30-3:30 p.m. SOCIAL PASS- FREE
Scrabble
 Join us for Scrabble open play and learn a new word each week! Players take turns putting words on a board using any of the 7 letters on tiles in front of them. 9/5- 11/21 Th 1:00 pm SOCIAL PASS-FREE
Stayin' Alive Retirement Support Group
 Gather with other retirees to share thoughts and stories or socialize. 9/4-11/27 W 10 a.m. -11 a.m. SOCIAL PASS- FREE
Movie Time
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and gloves will be provided, as this will be a hands-on experience! 9/23 M 10 a.m.- noon \$30/\$25 41750711
TLC Embroidery Studio
 Patrons are required to provide all materials and have knowledge of needlecraft. Needlepoint crafts include embroidery, bunka, needlepoint, cross stitch, quilting, crochet, and knitting. Bring Own Supplies- No instructor 9/7-11/30 Sa 10:00 a.m.-12:00 p.m. \$17/\$14 41761511
Creative Pottery
 Create three pieces in each six-week session. All glazes, underglazes & kiln firings included. The clay fee is \$15 for every 25 pounds of clay, payable to the instructor. (*No class on 10/9) Location: MRC - 9/3-10/15* Tu 10am-NOON 41760411 \$72/\$67 9/4-10/16* W 10am-NOON 41760511 \$60/\$55
Drawing & Painting
 This class welcomes a variety of medium options including colored pencils, oil pastels, watercolor, and acrylic paint- you choose! All levels are welcome. Please Note: No class on 10/10 or 11/28. The second session reflects 5 class session fee. Location: MRC; Instructor: Kendall Eddy 9/5-10/17 * Th 10 a.m.-NOON 41761011 \$50/\$46 *(No class on 10/10)
Community Programs
Spanish III Open Conversation Group
 Continue to sharpen your conversational Spanish skills in this interactive group. Some prior Spanish knowledge is strongly recommended for this advanced-level group. This is an open workshop setting with no instructor. Location: MRC 9/9-11/25 M 8:30 a.m.-10:30 a.m. 41465611 \$25/\$20
Continuing Bridge Lessons
 Take your bridge game to the next level. Topics covered include play & defense, bidding skills, lecture & supervised play. Instructor: James Buck Location: MRC 9/4-10/9 W 10 a.m.- noon 41465011 \$57/\$46
Social Security Basics
 Join a representative with the Social Security Administration and review the basics of Social Security. Please note: this class may be broadcast live-virtually at the Malley Recreation Center or provided in person depending on the number of attendees. Free registration is required. Location: MRC 9/6 F 10 a.m.-NOON 41461211 Free, Registration Required
Senior Medicare Patrol

The Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse. Free, Registration Required Location: MRC 9/24 Tu 10:00 a.m.-12:00 p.m. 41461411
DRCOG -Area Agency on Aging-Transportation Services Program
 The DRCOG Area Agency on Aging is hosting a travel training class for participants to learn more about the transportation services program. This program is available to adults 60 and older residing in Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Jefferson and Gilpin counties. Questions? Contact DRCOG: 303-480-6700. Presenter: Malorie Miller, Program Manager, Area Agency on Aging 9/10 T 1:00 p.m.-2:00 p.m. 41450111 Free, Registration Required
NEW! Parkinson's Disease Basics
 Join the Parkinson's Association of the Rockies for this informative overview of Parkinson's Disease. Gain insight into resources that connect and empower people with Parkinson's Disease to thrive. 9/25 W 1:00-2:00 p.m. 41462211 \$7/\$5
Alzheimer's Association: Advancing the Science
 Join us in this presentation that provides an overview of Alzheimer's Disease science and the latest advances in research. Presenter: Representative with Alzheimer's Association 9/9 M 1:00-2:00pm 41462311 Free
Will Maker- Legal Seminar
 In a single easy session, you'll complete a will, financial power of attorney, and combined medical directive with assistance from attorney Rebecca L. Bennetti and her staff. The workshop requires an additional \$100 fee paid directly to the workshop Instructor, Rebecca Bennetti-Attorney of Estate Planning Law. Location: MRC 9/17 Tu 12:30 p.m. - 4:30 p.m. 41460411 \$15/\$12
Medicare 101
 With so many varied choices surrounding healthcare and Medicare options, planning can be difficult! Sponsored Presenter: Allen McGirl Insurance Location: MRC 9/12 Th 1:30-3:00 p.m. 41460111 FREE ROOM RES
2024 Market and Economic Update
 Engage in a concise presentation on the Market and Economic Outlook for 2024. Sponsored Presenter: Ben Torrez, CIMA, AIF- Humna 9/18 W 1:00 p.m.-2:00 p.m. 41450111 Free, registration Required
Excursions

Waitress- The Arvada Center & Dinner-Arvada
 Early dinner on your own after the show, location TBD. Menu Range of \$20-\$30. No refunds after 8/5. 9/7 1:15-5:30 p.m. 42062811 \$68/\$56
Dining Adventure-Juniper Valley Ranch-Colorado Springs- Dinner
 Meals are served at smaller tables, family-style. The meal fee is \$27.50 and does not include beverages, tax or tip. 9/8 Su 1:15 p.m.- 6 p.m. 42062211 \$31/\$26
Blackhawk & Central City
 We will drop you off and pick you up so you can hit the big jackpot and be in the heart of it all. Registration Deadline: Thursday before the excursion date by 7 pm. 9/9 M 9a.m. -4 p.m. 42060311 \$25/\$20
Boulder Fall Festival
 This lovely festival features local food, a large beer/wine/margarita garden, live music, family entertainment and activities, as well as the Firefly Handmade Market along the historic Pearl Street Mall. All activities on your own. 9/14 Sa 9am-4pm 42060511\$32/\$27
Denver Rockies v. Chicago Cubs
 Take me out to the ballgame! Join us for some good old-fashioned baseball this spring! The game is in the afternoon (1:15 start), and seats are prime on the main level. Refreshments are on your own. Note: No refunds after 8/15. 9/15 Su VS Chicago Cubs 11:15-6 p.m. 42060611 \$48/\$38
Celestial Seasonings Tour & Lunch-Boulder
 Join Celestial Seasonings for a 45-minute factory tour. Tour and Lunch. Location TBD. 9/17 M 10 am-4 pm 2060713 \$30/\$25
Adams Apple Orchard- Ault
 Pick from 147 apple varieties at Adams Apple Orchard in Ault, CO! Bring your own bag. Priced by the quarter, half, and full bushel, apple bushels are paid on your own. Bring a sack lunch and enjoy a picnic in the orchard. 9/25 W 9:00 a.m.-5:00 p.m. 42060811 \$40/\$32
Candlelight Dinner Theater- Always...Patsy Cline-Johnstown
 Patsy Cline."The fee includes transport, dinner and ticket. No refunds after 8/27. 9/29Su10:30 a.m.- 4:30 p.m.42060911 \$89/\$77
Woodland Park Wander with Dave Lively
 No refund after 8/30. 9/30 M 9 a.m.- 4:30 p.m. 42061011 \$61/\$51
Event
Older Adult Safety Symposium
 9/20 F 10 a.m.-3 p.m. Free, Registration Required

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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

Cowboy Shindig

Saddle up for a boot stomp, finger-lickin' good time with Western Music by Lyn Carter! Join us for a day filled with toe-tapping live music, mouthwatering BBQ, and a whole lot of country charm. Sign up early for this fun event to be held on Friday, September 13th from 1:00-2:30pm cost is \$20. Register by calling 303-205-7500.

Acting for Adults 50+

Acting classes for beginners – come learn the basics of acting and performance through monologues, dialogues, scene work, & improv. The class culminates with a showcase of performance pieces presented by the students.

Monthly session cost is \$43; classes are held Mondays from 5:45-7:15pm, call 303-205-7500 to register.

Movie Matinee

Enjoy the movie “The Boy In The Boat” on Thursday, September 26th at 1pm, the movie is free but preregistration is required, call 303-205-7500 to register. Bring \$1 for pop & popcorn, if you like!

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, Sept. 23rd – Book: “The Right Mistake” by Walter Mosley - 10am (No August meeting)

Pastel Painting – 2nd Thursdays, 10am

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

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.

Labor Day Quotes

“Luck? I don’t know anything about luck. I’ve never banked on it and I’m afraid of people who do. Luck to me is something else: Hard work — and realizing what is opportunity and what isn’t.” — Lucille Ball

“The only place success comes before work is the dictionary.” — Vince Lombardi

“Far and away the best prize that life has to offer is the chance to work hard at work worth doing.” — Theodore Roosevelt

“I learned the value of hard work by working hard.” — Margaret Mead

“I have not failed. I have just found 10,000 ways that won’t work.” — Thomas Edison

“To find joy in work is to find the fountain of youth.” — Pearl S. Buck

“I do not know anyone who has got to the top without hard work. That is the recipe. It will not always get you to the top, but should

get you pretty near.” — Margaret Thatcher

“I’m a greater believer in luck, and I find the harder I work the more I have of it.” — Thomas Jefferson

“To succeed, work hard, never give up and above all, cherish a magnificent obsession.” — Walt Disney

“You always pass failure on your way to success.” — Mickey Rooney

Work for a cause, not for applause. Live life to express, not to impress. Unknown

A heartfelt thank you for your tireless efforts! Wishing you a joyful Labor Day filled with family, friends, and fun. Unknown

Say You Saw It in
50Plus
Marketplace
News

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 ApexPRD.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.

Save the Date:

Craft Fair, Saturday, November 2, 9 am

Browse the unique seasonal wares of over 50 talented artisans and visit the Craft Carousel Gift Shop, featuring more handmade treasures. Refreshments available for purchase. \$2 admission at the door or free if you bring new school supplies for our local student outreach. Craft fair hours are from 9 am-3 pm Saturday, November 2. Vendors call 303.425.9583 for booth information.

No Place Like Home Expo: Wednesday, September 11, 9-12 pm, Apex Center, 13150 W. 72nd Ave.

Many people prefer to live in their own home or apartment as long as possible. Learn about in-home services and products to help keep you or a loved one at home longer. Also explore senior housing options in case you are considering a new place to call home. Participants completing the expo are entered in a drawing for prizes, including gift cards. This event is free to the public, but please register in advance.

Bingocize:

Tuesday/Thursday, September 3 - October 31, 10:30 am

Bingocize is an evidence-based health promotion program that strategically combines the game of bingo, health education, and exercise. Commit yourself to more movement, which stabilizes balance, and engage in bingo, where you can win prizes. This class meets for nine consecutive weeks. \$20 (\$25 non-res.)

Adult Trip – US Olympic and Paralympic Museum: Thursday, September 5, 9 am

Get in the spirit of the Olympics as we visit the US Olympic and

Paralympic Museum in Colorado Springs. We’ll tour interactive exhibits, innovative displays, and a vast artifact collection to learn about the impressive history of our Olympians and Paralympians. Afterward, we’ll enjoy lunch at a local diner. \$52 (\$60 non-res.)

Fall Prevention Workshop:

Monday, September 16, 12 pm
Falls Prevention Awareness Week is a national health campaign observed on the first day of fall to increase awareness around falls health and injury prevention. While fall prevention is something we focus on year around, we would like you to join Arvada Fire Department and Kaiser Permanente as they discuss different education, practices, and strategies for fall prevention, as well as a fall prevention machine. This event is free to the public, but please register in advance.

Movie: Join, Connect and Thrive – Community Involvement: Friday, September 20, 5:30 pm

Are you looking for belonging, connection and a sense of community? Then this free event is for you, your family, and your friends. Join us for a community gathering with food, fun, conversation, connection and a screening of the award-winning film “Join or Die” based on the research and best-selling novel “Bowling Alone” by Robert Putnam. More than 50% of humans across the country are feeling lonely and socially isolated, and it’s negatively affecting our physical, social and emotional health. Being part of something in your community can flip the script and improve your well-being. This event is free to the public, but please register in advance.

Drumming of the World:

Thursday, September 26, 12 pm
Enjoy a delicious lunch followed by entertainment by Istari World Percussion. Istari is a highly energetic, educational, and interactive live performance that showcases drumming from around the world. Register by September 23. Sponsored by the Scientific and Cultural Facilities District and the Craft Carousel Gift Shop. \$16 (\$20 non-res.)

Happy Grandparents Day

“If nothing is going well, call your grandmother.”

“Something magical happens when parents turn into grandparents.”

“Everyone needs to have access both to grandparents and grandchildren in order to be a full human being.” — Margaret Mead

“A grandparent is a little bit parent, a little bit teacher, and a little bit best friend

“Grandfathers are just antique little boys.”

“The smart, kind, beautiful child must have got it from their grandparents.”

“The simplest toy, one which even the youngest child can operate, is called a grandparent.” — Sam Levenson

“Children brought up by their grandparents are generally spoiled.”