

# 50 Plus Marketplace



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

August 2024 • Volume 30 • Issue 8

## Fort Collins Center for Creativity Celebrates Grand Opening

The City of Fort Collins Cultural Services Department welcomes all community members to the Grand Opening of the Center for Creativity on Saturday, July 27 from 10 a.m. to 2 p.m. The Center for Creativity is located at 200 Mathews St. in Fort Collins. The original building has a rich history dating back to 1903 when it was once the City's Carnegie Library. The building was built with red sandstone from a quarry once located in the town of Stout, Colorado, which now mostly lies beneath Horsetooth Reservoir.

Given the historical significance of the building, the city sought to keep the architectural character of the building and was determined to revitalize the space for use as a cultural and community hub. With partial funding of \$1.7 million from the 2015 Community Capital Improvement Program

and a \$2.4 million award of a Community Revitalization Grant through the State of Colorado's Office of Economic Development & International Trade, in addition to other endowments and fundraising initiatives, the building has been revitalized and continues to feature its sandstone roots.

The Center for Creativity, with its new structural upgrades, mechanical improvements, and modern technologies in sustainability and accessibility, will now serve as a distinctive space for artists, performances, meetings, workshops, classes, and special events. In addition to other facilities like The Gardens on Spring Creek, The Lincoln Center, and the Fort Collins Museum of Discovery, The City of Fort Collins Cultural Services Department is adding this new space to serve the community and keep arts and culture thriving

in Fort Collins. With the addition of the Center for Creativity, the city hopes to create an affordable and accessible space for local art to thrive.

In conjunction with National Arts and Health Day, the Center for Creativity will kick off its Grand Opening on July 27 at 10

a.m. with family-friendly activities, performances, and the chance for community members to sneak peek at some of the collaborative programming the Center will offer to the community. The city invites all community members to drop in and join the fun!



## Cheyenne VA Medical Center Hosts Veterans Memorial Service

In June, the Cheyenne Veterans Affairs (VA) Medical Center hosted the returning Veterans Memorial Service, which is expected to be given on a monthly basis. Over 250 family members, friends, and military personnel attended the ceremony. The celebration began with a welcome from Nurse Executive Sabrina Adkins followed by the National Anthem by singer Linda Pechulis, memorial prayer by Chaplain LaLa, special presentation on the privilege to serve in the military by Chaplain Doug Mikkelsen, and keynote speaker and Medical Center Director and

veteran Paul Roberts who gave a touching story on a missing bayonet.

Many relatives and friends attended the celebration in memory of their military loved ones who gave their life during the many conflicts or passed away recently. An Honor Roll slideshow and memorial certificate for each family member was given in honor of the 104 military personnel during the ceremony: A list of the honored military names is given on our website.

After the first ceremony, military honors were provided out-

side the Medical Center by the local American Legion Post color guard giving a 21-gun salute. Local bagpiper and retired Army MSG Marti Mace gave a sendoff to the fallen followed by the honor guard folding flags for several families of the fallen. A second ceremony for the fallen was given after the outside military honors. In conclusion, Head Chaplain Carol Carr thanked everyone for participating in the ceremony and looked forward to next month's memorial service ceremony.



VA staff pictured (l-r): Chaplain Douglas Mikkelsen, Nurse Executive Sabrina Adkins, Chaplain Lamika (LaLa) Weiss, Chief Chaplain Carol Carr, Medical Center Director Paul Roberts, Chaplain Program Assistant Eliana Hardy, Chaplain Allen Staley, and soloist Linda Pechulis.

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# AUGUST Calendar

## Saturday/17

Larimer County Genealogical Society provides a free hybrid program on “Deciphering Old Handwriting” by Dawn Carlile in the Prairie Sage One room at the Fort Collins Senior Center at 10 am. Dawn will explain how the old handwriting styles can help genealogists. Register at [www.lcgsc.org](http://www.lcgsc.org) to receive the handout and Zoom info.

## Saturday/24

The Colorado Gerontological Society presents their 35th annual Salute to Seniors Expo at the Greek Events Center at 4610 E. Alameda Ave. in Denver (located on the property of the Assumption Cathedral). A farmer’s market, bingo, ice cream bars, mini-health fair, classic car show, oral health care, photo booths, and assistance with genealogy searches will all be part of the fun. Over 60 vendors will display their products and services. Many educational classes, local entertainment, and a grand prize are included during the event. Can’t join us in person, zoom in on August 25, 2024, from 11:30 am to 1:00 pm for some great presentations, online trivia, prizes, and an “ask the experts” session. To register for in-person or virtual, visit [www.senioranswers.org](http://www.senioranswers.org). For more information, call 1-855-293 6911.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at [www.aarp.org](http://www.aarp.org) 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

Calendar sponsored by:

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## Can you hear me now? So, You Have Hearing Loss, Now What?



Susan Baker

Untreated hearing loss has been linked to several physical and psychological issues, ranging from cognitive decline and depression to an increased risk of trips and falls. Research suggests hearing aids can reduce loneliness, delay dementia, and improve the quality of your life.

The most common type of hearing loss is presbycusis, or age-related hearing loss. As we get older, the hair cells in our ears stop functioning as well as they used to and eventually stop working altogether. Nearly half of all people 75 or older have hearing loss. Age-related hearing loss is a type of sensorineural hearing loss, meaning it originates in the inner ear and/or auditory nerve and is generally caused by damage to the inner ear hair cells. Along with aging, loud noise exposure is another big risk factor for this type of hearing loss. While it’s more common in older adults, anyone can develop this type of hearing loss, particularly if they have a noisy occupation.\*

If hearing loss is discovered, I can recommend hearing aids that will help bring your hearing to a

more normal level and allow you to hear and communicate in situations that are challenging. Hearing aids make it easier for the brain to hear the specific ranges that you need and reduce the cognitive load hearing loss creates.

The most important part of the fitting process is Real Ear Measurement, where this confirms that the settings on your hearing aid are providing soft and loud sounds at

the correct amplification.

If you are ready to treat your hearing loss, I would love to help you.

Susan Baker is the owner and operator of Advanced Hearing Services in Fort Collins. She has been helping people with hearing loss and tinnitus for the past 24 years. Please call (970) 221-5249 for an appointment today.

\*Source: <https://www.healthyhearing.com/help/hearing-loss/treatment>

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Link between hearing loss and cognitive decline



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- Hearing loss can lead to social isolation and depression.
- Hearing aids can help maintain Brain Reserves.

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## Elder Law Q & A

### House Purchased for Future Use Is a Countable Resource



Bill Beyers

The Supreme Court of Texas holds that a home is excluded from the Medicaid eligibility calculation when it is a recent principal place of residence to which the applicant intends to return. A property purchased for future use is a countable resource.

Clyde and Dorothy Burt sold their house in Cleburne, Texas, to their daughter and son-in-law. They lived in a rental house for seven years before moving into a skilled nursing facility. At that time, they had cash assets and cash value in a life insurance policy, which would disqualify them from Medicaid. They used their assets to buy a one-half interest in the house their daughter and son-in-law now owned. This reserved a life estate, with the house reverting back to the daughter and son-in-law upon their death. The transaction left them with less than \$3,000, the maximum resource threshold for Medicaid, in cash.

As part of their Medicaid application, Mr. Burt executed a stating he considered the Cleburne house to be his home and principal place of residence and intended to re-

turn there. While the Burts’ Medicaid application was pending, they passed away, having incurred more than \$20,000 in care costs. Under 42 U.S.C. § 1382b, a home is not a countable resource.

The Medicaid application was rejected because the Cleburne house had not been their residence in the years preceding their transition to a nursing home.

Under the Code of Federal Regulations (CFR), a home is an owned principal place of residence. This refers to a current, not future, residence. The Burts moved out of the Cleburne house and only later developed an intent to return. They did not intend to return when they

first moved, and the property was not their residence before they entered long-term care.

Intent to live there is necessary to establish a home. But intent alone is not enough. They also needed to have lived there immediately before having a claim for assistance. A property purchased for future use after a need for care arises is a countable resource.

*Beyers Law LLC is a law firm serving clients throughout Northern Colorado. They specialize in Elder Law, Estate Planning, and Special Needs planning and can be reached at 970-669-1101 or at [www.beyerslaw.com](http://www.beyerslaw.com).*



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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.com](mailto:sales@50plusmarketplace.com). Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

### DEADLINE

## 10th of the Preceding Month

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

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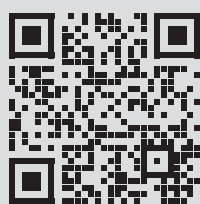
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Printed on Recycled Paper

# Governor Polis, CDPHE Discuss Efforts to Strengthen Colorado's Healthcare Workforce

In July, Governor Jared Polis and Colorado Department of Public Health and Environment (CDPHE) Executive Director Jill Ryan discussed Colorado's efforts to strengthen the healthcare workforce through the Practice-Based Healthcare Education grants. The Governor visited the Lowry Family Health Center, which received a grant for the Colorado Works for International Physicians program, an innovative effort to enhance the state's health care workforce. During his visit, Governor Polis met with physicians participating in the program.

"In Colorado, we are committed to ensuring everyone has access to the affordable and quality healthcare they need. By investing in healthcare training and education, we are connecting Coloradans with the skills they need to build careers and get good-paying jobs while expanding our healthcare workforce and saving people money on healthcare," said Governor Polis.

Jill Hunsaker Ryan, executive director of the Colorado Department of Public Health and Environment, echoed the sentiment. "Colorado has a tradition of attracting the best and brightest to our health care workforce, but that doesn't just happen by accident. We need to be intentional about providing opportunities, which will ultimately serve the people of Colorado."

The Colorado Works for International Physicians program trains international medical graduates to enter primary care physician residency programs and obtain medical licenses to practice in the United States.

With 123 areas in Colorado experiencing health care shortages and a projected deficit of 3,000 physicians by 2030, efforts like the Practice-based Health Education Grant Program are essential. Each licensed international medical graduate physician may care for up to 2,000 patients annually, helping to bridge the gap in physician capacity.

According to the Colorado 2022 Talent Pipeline Report, the health care sector has the highest demand for people to fill jobs, with more than 887,865 unique job postings between August 2021 and 2022.

The Colorado Department of Public Health and Environment recently announced 23 grant awards from the Practice-based Health Education Grants Program, which aims to increase the capacity to train students to join the healthcare workforce in Colorado. CDPHE has awarded more than \$18.8 million to 17 organizations to fund 23 programs reaching people across Colorado.



Governor Jared Polis

## Veterans Echoes

### Irvin Nelson



Brad Hoopes

One of the many enjoyable aspects of interviewing veterans over the years is realizing just how many amazing people, who have done incredible things, walk among us.

Case in point is Irvin Nelson. When you pull up to his farm outside Ault and start talking with him, you think you're just talking to a hardworking, salt of the earth, retired farmer (which I might note is already incredible in my book). You dive into his story though and you find out he was once a guard at the Tomb of the Unknown Soldier at Arlington Cemetery!

Irvin served in this highly selective, sacred position as a Tomb Sentinel with the 3rd Infantry Regiment, known as the "Old Guard". This duty is extremely taxing

mentally, requiring incredible discipline, concentration, precision, and perfection. It is also very taxing physically, as the Tomb is guarded 24/7, through blizzards, hurricanes, blazing heat, etc. When asked how he did it, he simply answered, "I just always thought about who I was guarding."

Honor is something very important to Irv. He said he was honored to be a guard. After his stint there, he served up on the DMZ in Korea where he said he was honored to do

so. He wanted to make the military a career, but came home to run the family farm due to his dad's illness. When asked about these changes in plans, he said, "I was honored to come home and take care of the farm."

Irvin Nelson, it was a great honor to meet you!

Brad Hoopes has a passionate project of preserving the stories of our veterans. You can view these stories at: [youtube.com/@rememberandhonorstories](https://youtube.com/@rememberandhonorstories)



## Technology is Hip!

### Why Are Time Zones Different Across the USA?



Bob Larson

In the United States, time is divided into nine standard time zones covering the states, territories, and other US possessions, with most of the country observing daylight saving time (DST) during the spring, summer, and fall months. The time zone boundaries and DST observance are regulated by the Department of Transportation, and highly precise timekeeping services (clocks) are provided by two federal agencies: the National Institute of Standards and Technology (NIST) operating WWV radio, and the United States Naval Observatory (USNO). The clocks run by these services are kept synchronized with each other as well as with those of other international timekeeping organizations.

Here's why we have different time zones:

- 1. Earth's Rotation:** As the Earth rotates, different regions enter and exit daylight at varying times. To account for this, we divide the world into time zones.
- 2. Historical Complexity:** In the past, every US city used its own local time standard, resulting in over 300 local sun times. Time zones were a compromise, balancing geographic variations while still approximating mean solar time.

- 3. Scientific Basis:** Earth completes one full rotation (360 degrees) in approximately 24 hours. Each hour corresponds to about 15 degrees of rotation, forming the basis for assigning time zones.
- 4. Economical Reasons:** Farming, manufacturing, and other industries profit from DST with safer and longer daylight hours.

The four main U.S. time zones are: Eastern Time Zone, Central Time Zone, Mountain Time Zone, & Pacific Time Zone plus Alaska and Hawaii have their own unique time zones.

Originally DST ran from the last Sunday in April until the last Sunday in October. Two subsequent amendments, in 1986 and in 2005 have shifted these days so that daylight saving time now runs from the second Sunday in March until the first Sunday in November. This is another great technology beneficial to humanity. Bob Larson is a technologist and marketing director for 50 Plus.

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

(StatePoint) There's no better way to transform your culinary repertoire than with spices.

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

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

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

### Ingredients:

- 1 tablespoon vegetable oil
- 1 small red bell pepper, chopped (about 1/2 cup)
- 1 small yellow onion, chopped (about 1/2 cup)
- 1/2 pound asparagus, trimmed and cut into 1-inch pieces (about 1 cup)
- 2 teaspoons Flavor Maker Egg Topping Seasoning, divided

Topping Seasoning, divided

- 1 refrigerated pie crust (from 14.1-ounce package)
- 6 slices thick-sliced bacon, crisply cooked and crumbled (about 1 cup)
- 1/2 cup shredded mozzarella cheese, divided
- 4 large eggs
- 1/2 cup milk

### Instructions:

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

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

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



Fort Collins

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## Ron Stern's Travel Series

### Loveland's Da Big Kahuna Tiki Bar & Grill

Although Denver and Boulder have several tiki bars, I have been waiting for someone to open one in Loveland. Having lived in Hilo,

their "Kalua Moco Loco", a traditional dish with pork, fried egg, cabbage, white rice and brown gravy with a side of macaroni salad. The portion was large, tasty and satisfying. There is also a kid's menu featuring "kalua" sliders and nachos.

They can make all your favorite fruity drinks from Mai Tais to Rum Runners. More sophisticated options include the Aloha Loveland



Hawaii, Erynn and Jimmy Hele-nihi longed for the type of street food they had back home. After gaining experience with a food truck, they opened Da Big Kahuna Tiki Bar and Grill on Lincoln Ave in November 2023.

prepared with white gin, guava juice, pink guava liqueur, and soda. Then there's the Da Colorado Colada with Parrot Bay Coconut Rum, coconut cream, pineapple juice and soda.

Located on the lower level of the Lincoln Place Apartments, the ambiance is casual and family-friendly with tropical décor, tiki mugs, and live music. The wood floors, open ceiling and pool table all add to the island atmosphere.



Serving authentic "Hawaiian-style" food, the menu includes a variety of appetizers, bowls, and small plates along with daily specials. Options include Spam Musubi cooked in teriyaki sauce with rice and wrapped in nori. Additionally, they offer hard-to-find smoked wings that have been lightly fried and served with a variety of sauces. I tried

Choose from around 30 colorful cocktails while enjoying some tropical tunes and friendly conversation.

The happy hour is from 4-6 pm and all day Sunday. Follow them on social media for the latest information and offerings. Come by for some great food and experience the true "Aloha Spirit!"



*Kalua pork with rice*

33 Years of Service Providing Information for the 50+ Community

# SAVE THE DATE!



## Weld Senior SYMPOSIUM

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### 2024 SPEAKERS AND TOPICS:

**Amy Heath • Ensight - Adaptive Devices for Low Vision**

**Angela Zigelhofer • Dementia Care Panel - Montessori**

**Cyndy Luzinski • Dementia Care Panel - SPECAL**

**Wendy Abbott • Dementia Care Panel - Alzheimer's Association**

**Chuck Connell • Last Wills and Testaments, Trusts, and Powers of Attorney**

**Kate Connell • PAM Hospital - What It's All About!**

**Kathryn Hall • Housing Rights**

**North Ridge - Senior Retirement Counselor**

**Allen Heileman • Medicare Changes - Aspen Club**

**Tammy Brannen, LCSW - Living and Aging with Intention**

## Larimer County Office on Aging Options Counseling

Many people share that they don't want to talk about aging and what that means for them as an individual. But aging is something everyone has in common and talking about it is an important step to normalizing this universal experience. We



**Tiffany Ballew**

It's tempting to wait until you "need it," but learning about resources now and creating a plan that fits your needs can give you peace of mind today and lay the groundwork for your happiest future. It can be challenging to start a conversation

care about our loved ones who are aging and all of us are aging ourselves. Approximately one-quarter of Larimer County's residents are 60 years and older and those who aren't there yet are on their way!

about what aging means for you or your loved ones. A great place to start is to call the Larimer County Office on Aging and schedule an appointment for Options Counseling.

There is a lot to look forward to as we age. A study by the Brookings Institute found that happiness rises steadily after our 50s - respondents in their 80s and 90s were the happiest in the study! Despite the trend of happiness increasing with age, many people worry about aging, and the financial strain and future health concerns that it might bring. To address worries about the future, embracing conversations around aging and planning is essential.

Options Counseling is one-on-one personalized decision-making assistance to help individuals and their families understand, access, and navigate long-term services and supports in our community. We'll ask questions about your current situation and goals and help you make informed decisions for your future. Call us at (970) 498-7750 or email [aging@larimer.gov](mailto:aging@larimer.gov) to start planning your best future!

**We Love Your Paper!**

*Heard from attendees at every resource fair 50 Plus attends*

## Veterans Plaza Hosts Their Annual Heroes Golf Tournament

On August 30, Veterans Plaza of Northern Colorado will host their annual Heroes Golf Tournament at the beautiful Mariana Butte Golf Course in Loveland. Thirty-six foursome teams from Colorado and Wyoming are expected to compete in the scramble type tournament.

Besides the many prizes for longest drive and closest to the pin, several trophies will be given for the top three and last place teams as shown here. The elegantly designed trophies, which are hand cast in Loveland, are provided exclusively by Designs by Ricker owner Gary Ricker of Loveland,

The golf tournament benefits their Vet-to-Vet Fund for veterans in need. Veterans Plaza provides several thousand dollars annually in benefits to many local and needy veterans.



Foursome team costs will be \$650 or \$175 for individuals, which include a breakfast burrito, golf cart, practice balls, lunch, gift certificate, goody bag, & green fees. Extras include single mulligans for \$10 or a bundle of four mulligans and their popular crazy putting contest for \$50 per person. Even Rosie the Riveter will be there to hand out kisses to the many players! Veterans Plaza is a 501c3 non-profit organization and the event is tax deductible to the players. Sponsors are encouraged to register on their website. If you are interested in playing golf and helping our local veterans, register by August 25 on their website at [www.veteransplazanoco.org](http://www.veteransplazanoco.org).



who is also president of Veterans Plaza. A silent auction which includes many wine and cheese baskets, and a specially designed and numbered sculpture and related golf items will be available during the golf event.

### 33 Years of Service Providing Information for the 50+ Community

## Larimer County Sheriff's National Night Out on August 6

National Night Out (NNO) for unincorporated Larimer County and the Towns of Wellington and Berthoud is set for Tuesday, August 6. NNO is a community-building campaign started by the National Association of Town Watch that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods a safer, better place to live. NNO enhances relationships between neighbors and law enforcement while bringing back a true sense of community and provides a great opportunity to bring police and neighbors together under positive circumstances.

NNO is designed to heighten awareness around crime and drug prevention, generate support for (and participation in) local anti-crime programs, strengthen neighborhood spirit, and establish police-community partnerships. The Larimer County Sheriff's Of-

fice encourages community members to get involved and send a message to criminals that Larimer County neighborhoods are united around safety and working together to stop crime.

Neighborhoods can participate by having block parties, cookouts, flashlight walks, and youth programs. The Larimer County Sheriff's Office will stop by some neighborhoods to interact with residents and share crime prevention tips. These events are fun, effective, and inexpensive ways to interact with your neighbors and your sheriff's office while strengthening those relationships and learning about crime prevention.

People who live in unincorporated Larimer County and wish to participate may contact the LCSO Crime Prevention Unit Coordinator Barbara Bennett at 970-498-5146 or [bennetbe@co.larimer.co.us](mailto:bennetbe@co.larimer.co.us).



**Veterans Plaza of Northern Colorado**

**Heroes Foursome Scramble Golf Tournament**

**August 30 at Mariana Butte in Loveland**

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\$175 Singles or \$650 Foursomes. Fees include breakfast burrito, golf cart, practice balls, lunch, gift certificate, goody bag, & green fees!

1st to 3rd & last place trophies with men's women's drive & putting awards Extras include mulligans plus our popular crazy putting contest!

Silent Auction includes several deluxe wine & cheese baskets, specially numbered sculptures, and several golf items!

Rosie the Riveter will be there handing out kisses and taking photos!

All proceeds benefit our Vet-to-Vet Fund!

Veterans Plaza is a 501c3 non-profit organization.

Register by August 25 at [www.veteransplazanoco.org](http://www.veteransplazanoco.org)!

*Say you saw it in 50 Plus Marketplace News*

## Larimer County Sheriff's Fall 2024 Citizens Academy

The Larimer County Sheriff's Office is now accepting applications for the Fall 2024 Citizens Academy. The academy will start on September 5 and run through December 5. Classes will meet from 6:00 p.m. to 9:00 p.m. on Thursday nights for 12 classes and one Saturday field day from 8:00 a.m. to 5:00 p.m. No classes are scheduled for the week of Halloween or Thanksgiving.

The academy is designed to give community members an overview of the operations of LCSO. After kicking off with an introduction to the Sheriff and his command staff, topics and demonstrations include: Patrol Operations, K9 Program, Bomb Squad/Terrorism, Frauds and Scams, Major Case Investigations, Crime Scene Investigation, Wildland Firefighting, Search and Rescue/Dive Rescue, SWAT/AHCR and Hostage Negotiations, Dispatch, School Resource Officers, Mental Health Co-Responder Program, Drug Task Force, & Jail Operations and Programs.

The topics are presented by deputies,

commanders, and professional staff leaders responsible for each area. One of the highlights of the academy is field day, during which students will participate in live scenarios. The scenarios include responding to calls involving live shooting with simulated ammunition, making traffic stops, building searches, and processing a mock crime scene.

The academy capacity is limited and fills up fast. All applicants must be at least 18 years old and a resident or business owner in Larimer County. The fee for the academy is \$35, which covers the cost of a student t-shirt, materials, and meals served at field day and graduation. To learn more and apply for the Fall 2024 program, please visit <https://www.larimer.gov/sheriff/quick-links/get-involved/citizens-academy>.



# Local 59-Year-Old Publishes Debut Novel

What does a marketing director do after retiring from writing newsletters and press releases? She writes a novel! When an unexpected nudge into early retirement jolted me into an existential fork in the road of my career, I revisited an unfinished draft of a book I'd started seventeen years before. Unsure if the therapeutic ramblings were novel-worthy, I asked my husband – a retired literature teacher and journalist – to review it.

“Is it good enough to work on?” I asked. He said yes. Two years later, my debut novel will be available this month.

“Forks & Knives” is fiction inspired by the reality of addiction and codependency that millions of families battle. Many people wonder, “What if I'd done things differently?” This novel entices readers to re-examine those critical forks in their own lives. No doubt, like knives, some of them cut deep.

When Kat Torrington discovers the depth of her husband Eric's secret drinking problem, she finds herself at a crossroads. Married three years with her first child on the way, Kat sees a fork in the road of her life: Should she stay or go?

Over the next several years, as the couple faces alcoholism and recovery with equal parts deter-

mination and failure, Kat considers her options. Some choices are heart-wrenching, others empowering, but all are life-changing. Meanwhile, Kat's dream of a happy-ever-after hangs in the balance.

For more information, please visit [www.AuthorMimi.com](http://www.AuthorMimi.com). “Forks & Knives” will be available through Amazon and in bookstores on August 22...or consider attending my official Book Launch party at Wolverine Farm Publik House at 316 Willow St., Fort Collins from 5:30 – 7:00 p.m. (Thursday, August 22). I'll be present to sign copies and shake your hand! Article by Mimi Wahlfeldt.



Mimi Wahlfeldt.



## Find Einstein



Can you find the hidden Einstein in this paper?

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# TRADING POST

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**Silverton / Durango Train**  
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**The Ark Encounter**  
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\$1225 for 9 days

**Creation Museum, Ohio Boat Tour, Cincinnati**  
Museum and more!

### Travel

South Dakota, Black Hills, Mt. Rushmore

**Crazy Horse**  
October 7 – 11, 2024  
\$715 for 5 days  
Motorcoach, most meals, ticketed venues, sights and more!

**Branson Christmas**  
November 10 -16, 2024  
\$1055 7days 10 meals, 7 shows  
More details on flyer!

### Help Wanted

**HELP WANTED:**  
Sales and Marketing Assistant to call on Larimer County Businesses. 10 to 15 hours a week and set appointments for the Larimer County edition Marketing Team. Experience helpful, but not necessary. A passion to help Seniors is a plus. Call Michael Buckley, Associate Publisher at 970-673-5918 for more details.

### For Sale

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## Colorado Gerontological Society Salute to Seniors Brings Back Some Favorites and Lots of New Programming



Eileen Doherty

A farmer's market, bingo, ice cream bars, mini-health fair, classic car show, oral health care, photo booths, and assistance with genealogy searches will all be part of the fun at the Salute to Seniors on August 24, 2024, from 9:30 am to 3:00 pm at the Greek Events Center, 4610 E Alameda Av, Denver.

Hundreds of experts that offer home repairs, legal services, Medicare, home care, and health care services, paint for your home, advance care planning, and reverse mortgages will be on hand to give you the most current information about their products. Shop and collect information without the pressure of a salesperson in your home. The title sponsor this year is Cigna.

Educational offerings include: major changes to Medicare Part D in 2025, filing for the senior income tax credit of \$800 in 2025, understanding property and casualty insurance of your hail damaged roof, avoiding email and other scams, claiming your senior

homestead exemption on your property taxes, getting rid of your china and that stuff your kids don't want, emotional well-being, and oral health.

Tour the awe-inspiring murals and ornate statuary in the Greek Orthodox Assumption Cathedral. Belly dancing, country music, and impersonators round out the day's entertainment.

Begin the morning with doughnuts and coffee and enjoy other healthy (and non-healthy) snacks, and other treats throughout the day. Grand prize is 2 free tickets to a pre-season Denver Broncos home game.

Can't join us in person, zoom in on August 25, 2024, from 11:30 am to 1:00 pm for some great presentations, online trivia, prizes, and an "ask the experts" session.

To register for in-person or virtual, visit [www.senioranswers.org](http://www.senioranswers.org). For more information, call 1-855-293-6911.

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



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## Five Malnutrition Facts You Probably Didn't Know

Malnutrition is a significant problem across the world, including the U.S. Older adults are particularly at risk for malnutrition due to changes in their bodies as they age. They may experience decreased appetite, weight loss, decreased mobility, and limited access to healthy food, among other challenges. Here are five facts you probably didn't know about whether you or someone you know could be malnourished.

**FACT 1:** Malnourished individuals, including seniors, can come in all sizes: 1) 0.4% of U.S. adults ages 60-74 are underweight. 2) 41.5% of U.S. adults ages 60+ are overweight.<sup>2</sup>

Malnourished individuals can come in all sizes. People with malnutrition can be both underweight or overweight. Obese individuals can and often do miss important nutrients. The food you eat can give you energy but still lacks key nutrients to keep you healthy. Protein is important, and if your body does not get enough, you can't keep your muscles healthy.

Hunger, on the other hand, is defined as the feeling or sensation of discomfort or weakness caused by lack of food. For a variety of reasons, older adults can lose their appetite and may not feel hungry, even though their bodies need food.

**FACT 2:** Malnutrition affects all groups of people: 1) 1 in 14 older adults ages 60+ was experiencing food insecurity in 2021. 2) While malnutrition is more common in older adults living in health care settings, like geriatric day hospitals and nursing homes (16-19%), a significant amount of older adults living in the community are malnourished (11%).

Malnutrition affects ALL groups of people. Malnutrition is a significant problem across the world, including the U.S. While some of the causes may differ—lack of food, not enough of the right nutrients—too many individuals confront malnutrition.

Older adults are particularly at risk for malnutrition due to changes in our bodies as we age. We may experience decreased appetite, weight loss, decreased mobility, and limited access to healthy food, among other challenges.

Our body and nutrient needs also change as we get older, so it's especially important to get the right amount of fluids, protein, and important nutrients like calcium and vitamin D. It is also recommended to limit salt and saturated fats, which can contribute to conditions like high cholesterol or high blood pressure.

**FACT 3:** Malnutrition can come from a number of factors: 1) Chronic conditions, 2) Limit-

ed income, 3) Trouble swallowing/chewing, 4) Poor dental health, 5) Changing taste buds, 6) Living alone, 7) Medication side effects, 8) Poor appetite, 9) Restricted diets, 10) Lack of mobility, 11) Depression, 12) Dementia, & 13) Gastrointestinal disorders.

Malnutrition can come from a number of factors. All of the factors above, plus more, can lead to malnutrition for seniors. Sometimes, poor diets are caused by physical or mental changes. Other times, they are affected by our surroundings such as feeling alone or an inability to get to the store or prepare healthy meals. Often, the medication we take can affect our appetite or our ability to absorb key nutrients. And some medical conditions like dysphagia, which makes swallowing difficult or painful, may lead to malnutrition.

These factors can quickly build on each other and make the problem worse. For example, if you're not getting the right nutrients, you might become more tired. Being tired might make it harder for you to shop, cook, and exercise. Together, these factors can cause you to lose lean body mass. Add a hospitalization with surgery into the mix, and the impact on your health can worsen.

**FACT 4:** You can't always prevent or treat malnutrition by just eating more: 1) Adjust your diet to get all the nutrients your body needs, 2) Exercise to build muscle and improve strength, 3) Consult a Registered Dietitian Nutritionist, & 4) Consider using an oral nutritional supplement.

You can't prevent or treat malnutrition by just eating more. Malnutrition is an imbalance of nutrients—meaning your diet may be high in calories but is low in nutrients that your body needs. Rather than just eat more, malnourished individuals need to carefully adjust their diet to make sure they're getting everything they need. Physical activity paired with good nutrition can help combat malnutrition by increasing muscle strength and overall well-being. Making sure you get enough protein is very important to help with recovery.

**FACT 5:** Malnutrition has many warning signs: 1) Muscle weakness, 2) Fatigue, 3) Increased illness or infection, 4) Feeling irritable or depressed, 5) Unplanned weight loss, & 6) Decreased appetite/

Malnutrition has many warning signs. All of these factors can be a sign that you or a loved one is experiencing malnutrition. There are other signs, too, like unplanned weight loss, poor appetite, easy bruising, and even dental difficulties.

If you suspect that you or someone you know could be malnour-

ished, here are some steps to take that can help: 1) Speak to your doctor about your concerns. 2) Understand the warning signs and stay informed avoid malnutrition. 3) Read these simple tips to see how to eat healthy:

1) Balance food group choices throughout the day. That's right—good old food groups. Fruits, vegetables, grains, dairy, and protein. Make half your plate of fruits and vegetables, about a quarter grain, and a quarter protein. Not eating off of a plate? Think about balancing throughout the day, but don't get too technical,

2) Make variety the spice of your life and each food group. Try a new herb in cooking, reach for a

rainbow of produce, add barley or quinoa to the whole wheat bread and oatmeal rotation, and alternate beans, fish, lean meats, and lentils as protein choices,

3) Enjoy eating. Share a meal with a friend or family. Seek out foods that you really like that are also good for you and savor each bite. In addition to eating well, keep exercising. If you haven't exercised yet, talk to your doctor about getting started. Doing both is good for your health... and it simply feels good to be good to you, &

4) See if you qualify for programs that can help pay for food. Article courtesy of National Council on Aging.




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## Companion Plants for the Vegetable Garden

What are the benefits of companion plants? Two different plants that can be neighbors can contribute nitrogen to the soil, shade to their companion, weed suppression, pest control, attract beneficial pollinators, enhance flavor and so much more. Here are a few companion plants to consider when you start your vegetable garden. And why not add some to your flower garden as well?

Marigolds can add color to the vegetable garden and be a companion plant. Marigolds have nematocidal compounds called alpha-terthienyl. These are root exudates or fluids that are released in the soil. This disrupts the life cycle of nematodes. These are a lot of beneficial nematodes, but there are also plant parasitic root-knot nematodes and disease-promoting bacteria, fungi, and insects which damage the root system and affect the plant's ability to absorb water and nutrients from the soil. It doesn't matter if the marigolds are French or African. A study titled, "Marigolds (*Tagetes* spp.) For Nematode Management" by R. Krueger, K. E. Dover, R. McSorley, and K. H. Wang proved that 29 varieties helped control soil nematodes of different kinds and levels.

Aside from that marigolds deter pests such as aphids, whiteflies, and tomato hornworms for tomatoes. Marigolds attract lace bugs and ladybugs, both very beneficial predatory insects. Marigolds are good companions for honeybees and butterflies for better pollination. Marigolds protect cucumbers from squash bugs. Marigolds can repel bean beetles and thrips.

Another good garden companion

is onions. The strong scent of onions deters aphids and thrips away from tomatoes. Onions deter pests from strawberries, lettuce, parsnips, and carrots. With strawberries, the strong scent deters ants and fungal diseases. Strawberries can be good companions to leaf lettuce. The mature leaf lettuce can hide the strawberries from birds. Onions keep insects and rodents away from lettuce. The strong scent of onions masks the smell of parsnips and confuses pests, but onions also improve soil structure and nutrient uptake. Carrots and onions help each other deter carrot flies and onion maggots are attracted to both crops.

Herbs such as sage, parsley, and dill attract bees and pollinators. The strong scent of oregano repels slugs, nymphs, and fruit flies which attack strawberries. Oregano can keep the moisture level just right for strawberries. Parsley and dill are biennial, while sage and oregano are perennials. Crop rotation and companion planting techniques work well together. Rotating different companion vegetable plants around the perennial herbs each season works. Crop rotation is beneficial in keeping disease and pests down and companion planting enhances plants with added protection.

Linda Langelo is a Colorado State University Extension horticulture specialist, member of Garden Communicators International, and regular contributor to MarthaStewart.com gardening articles. She also produces The Relentless Gardener Podcast. She is a guest blogger for AARP Colorado.



## A Pyre Of A Fire

The experts tell us that a bonfire "quiets your thoughts and engages your senses." If that's the case the bonfire in the town of Craigyhill was surely big enough to calm the nerves of the whole of Northern Ireland, and then some. The pyre was 205 feet and a few

inches tall, big enough to make it into the Guinness Book of World Records. The big blaze was part of a traditional celebration known as The Eleventh Night. But before the fire was lit a bold parachutist threw himself off the top of the flaring tower.

*Say you saw it in 50 Plus Marketplace News*

## Reflections

### Putting On Change



**Martha Coffin Evans**

What if instead of "Puttin' on the Ritz," in 1929 sophisticated, impeccable style, we changed to something different? What would happen if that became something else?

While still involving a "putting on" action, emotions, words or attitudes become that something different. The costs might vary; the response certainly will!

If we put on kindness, what response will that evoke? Might another respond in kind, especially if our action is random. There's something about "one good deed deserves another."

Putting on compassion might result in a heartfelt response from the recipient. The benefit would be immeasurable while the cost - negligible. When we're hurt physically or emotionally, knowing others care goes beyond measure.

Adding a smile could brighten another's day. That frown might keep others more than an arm distance away. "Misery loves company," I was told years ago. Her frown and sad face expressed that too. I didn't buy into that sentiment then nor do I now!

Layer on some laughter for good measure. Cranky and glum days

come with or without the weather to augment the feeling. Laughter can buoy the spirits even if temporarily. Usually there's a little something which can be funny enough to bring about some levity.

Sometimes we may need to put on patience, or so we were told years ago when traveling. That's probably true when our patience is tried.

We can't forget to add love. Putting on love every day can attract others, help our heart health and bring about more enjoyment.

This different dress style may seem a little "Polly Anna-ish," and could well be. I'd say it brings about more fun, friendship and an all-round sense of well-being.

What will it be today - jeans, windbreaker, tee? I'll choose to put on love and let the rest of the layers emerge. What about you?

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

**WE ARE LOCAL!**

## Genealogy Rocks!



**Carol Darrow**

In mid-July, my sister in Houston was impacted by Hurricane Beryl. She lost electricity and air conditioning for more than a week.

Have you encountered any stories of natural disasters that affected one of your ancestors? Hurricanes and tornados must have been terrifying when they appeared without warning on the horizon.

Were your ancestors near Chicago from October 8-10, 1871? The fire killed approximately 300 people and left more than 100,000 residents homeless.

Did you have family in San Francisco on April 18, 1906 when an earthquake and resulting fire disrupted life from southern Oregon to Los Angeles?

How about the tornado that struck LeMars, Iowa, on June 17, 1885 causing great loss of life in Plymouth and Cherokee Counties in the state? Names of the dead were printed in the newspaper.

Newspapers are a great source of news after the event. Checking on a death date for an ancestor may lead you to surprising cir-

cumstances. People died by suffocation during the worst of the Dust Bowl storms. Riverboats exploded, drowning hundreds. Railroad accidents resulted in mass tragedies.

Did you see the story in the newspaper and then move on? Or did you consider the consequences to the family? Did they lose the breadwinner of the family? Did they move away to try to avoid the next disaster? Or did they just rebuild in the same place?

These are the headlines in the lives of our ancestors. What happened? Who was affected? How did they cope with the results? It is your job to capture the information about the event and preserve it in a page of storytelling. The story might lead you into asking questions about weather forecasting or railroad fatalities in that historical period. Research about local disasters may help you understand how your ancestor faced the challenges in his life.

*Carol Cooke Darrow teaches a free CGS Zoom Beginning Genealogy class on the second Saturday of the month. Register at cogensoc.us.*

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# NEED HELP NAVIGATING MEDICARE?



State Health Insurance Assistance Program (SHIP) is a local resource that provides unbiased help with Medicare. SHIP can help with:

- Enrollment.
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- And much more.

SHIP counselors are available in Fort Collins, Loveland, Greeley and Estes Park. All counselors are screened, trained and certified by Centers for Medicare and Medicaid Services (CMS).

Contact the UHealth Aspen Club for assistance: 970.495.8558 or 970.495.8560.



## Five Reasons Water Is Important to Your Health

We all know it is important, and we all know we should be doing it. But do we know why? Well, for starters, water makes up 60% of your total body weight and a startling 90% of your brain weight. Adequate hydration is essential for your body to function at all, let alone optimally. But if that isn't enough to convince you, here are five fantastic reasons water is important to your health!

1) Water boosts energy! Water delivers important nutrients to all our cells, especially muscle cells, postponing muscle fatigue.

2) Water helps with weight loss! Water helps you feel full longer without adding any additional calories. Drinking water or eating foods with a high-water content can be a big help in managing your weight.

3) Water aids in digestion! Water aids in constipation and other abdominal issues, especially for those suffering from IBS. Water helps to move the digestive process along and through the system.



4) Water detoxifies! It moves toxins through your system faster and optimizes kidney function. Inadequate hydration means inadequate kidney function.

5) Water hydrates skin! Forget expensive creams and cure-alls. Water is the best defense against aging and wrinkles in the skin.

The guideline recommended amount is eight glasses per day, though this varies from person to person. Those who exercise regularly, work outside, or have chronic medical conditions should consume more water to compensate for more water loss. Remember, water is your friend, and proper hydration is the key to good health. Article courtesy of UHealth.

## Pets Are Family

### Keeping Dogs Safe In Hot Weather

We've already experienced heavy heat waves in Colorado this summer, and while knowing that these hot temps will continue in the next couple of months, here are some reminders to ensure your dog remains safe and comfortable.



Judy Calhoun

First and foremost, always provide plenty of fresh, cool water. Dehydration can occur quickly in hot weather, so make sure your dog has access to water both indoors and outdoors. Consider adding ice cubes to their water bowl to keep it cool for longer periods.

Avoid strenuous exercise during the hottest parts of the day, typically between 10 a.m. and 4 p.m. Instead, schedule walks and playtime for early mornings or late evenings. Pay attention to your dog's behavior; if they seem tired or are panting heavily, it's time to head indoors.

If your dog spends time outside, ensure they have access to shade. Trees, umbrellas, or specially designed dog tents can provide much-needed relief from direct sunlight. Additionally, make sure there's proper ventilation in their resting area.

Never leave your dog in a parked

car, even for a few minutes. The temperature inside a vehicle can skyrocket within moments, posing a deadly risk.

To help your dog cool down, use damp, cool towels on their body or provide a kiddie pool for them to splash in. Avoid

using ice-cold water, as it can cause shock. Cooling mats and vests are also effective tools to help regulate your dog's body temperature.

Be aware of the symptoms of heatstroke, including excessive panting, drooling, lethargy, and vomiting. If you suspect your dog is suffering from heatstroke, move them to a cool area immediately and contact your veterinarian.

By following these tips, you can help ensure your furry friend stays safe and comfortable, even on the hottest days. Learn more at [noco-humane.org](http://noco-humane.org).



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## Emergency Manager Releases New Book

Lori Hodges, Director of Emergency Management for Larimer County, has released a thought-provoking new book titled "Shaking in the Forest." The book explores both tragedy and beauty in chaos through the author's personal experiences. It follows Lori's reflections as a young paramedic and firefighter, providing lessons she learned about the worst days in people's lives. As she weaves in traumatic events from her childhood, Lori illustrates to the reader how each experience in our lives, whether good or bad, shapes us into the people we become.



Lori R. Hodges

"Shaking in the Forest can be regarded as one of the most truthful and graphic depictions of the topic of trauma and strength. Like most others, this novel talks of not only victory after suffering but also the mental consequences of trauma, including fear and anxiety. The author's true narrative is a testimony of hope to those who are striving to survive in this world and find meaning after the tragedy." - Abdul Majiid, Advanced Copy Reviewer

Shaking in the Forest will resonate with readers who enjoy exploring the complexities of the human experience. Lori Hodges has created a compelling work that

will leave readers captivated from start to finish.

"Lori Hodges immediately captivates readers from the start of Shaking in the Forest. She quietly lets the audience into her raw, personal stories and reflections resulting in unpredictable experiences we can all learn from." - Letitia E. Hart, deacon, and author of Reach Out with Acts of Kindness: A Guide to Helping Others in Crisis.

"Shaking in the Forest" will be released on July 16th and will be available in all major bookstores and online retailers. For more information, please visit [www.lori-hodges.com](http://www.lori-hodges.com).

About the author: Lori Hodges is the Director of Emergency Management for Larimer County. She began her career as a firefighter and a paramedic and later worked at both the local and state levels in emergency management. She holds a bachelor's degree in emergency management and planning, a master's degree in security studies, a master's degree in political science and public policy, and is completing a PhD in business strategy and innovation.

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## “Happy Days” of the ‘50s

Those Happy Days were the theme of a recent 1950’s party at MorningStar Assisted Living & Memory Care of Fort Collins. The community is located at 3509 Lochwood Drive.

All those in attendance, residents, friends, family and other invited guests, management and staff were transported back in time by way of the music, decorations, hamburgers and cheeseburgers, poodle shirts, chiffon scarfs; high-lighted by lots of rock’n’roll. Many found themselves on the dance floor dancing to the music of Steve Manshel.

There was a plentiful supply of reminiscing about the good ole days and having fun at those SOCK HOPS...



*Steve Manshel, an ever popular and outstanding entertainer played a wide selection of songs and tunes in keeping with those HAPPY DAYS!*

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## “1964” The Tribute

### The Beatles 60th Anniversary

*“The Beatles we remember were magical...1964 creates the magic!”*

*Dick Clark*

It was in August of 1964 when the British invasion first came to Colorado with the group that started it all...the Beatles. If you love the Beatles, you won’t want to miss the most unique, fun and affordable concert event of this summer at Red Rocks with The #1 Beatles Show in the World, “1964” The Tribute.

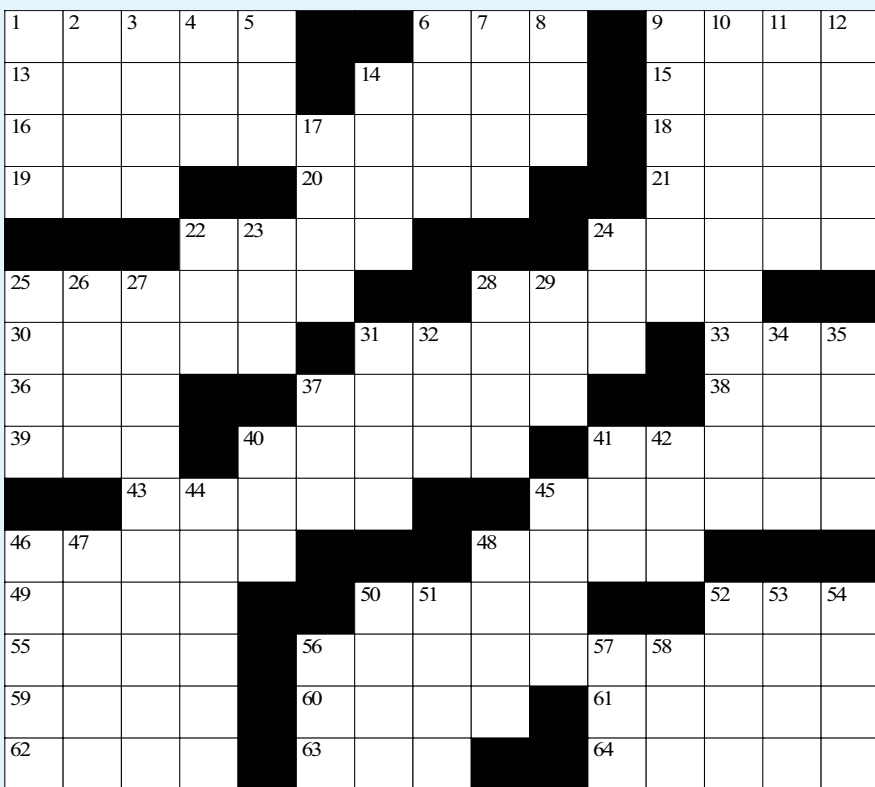
This group is hailed by critics and fans alike as the most authentic and enduring Beatles tribute in the world. Choosing songs from the pre-Sgt. Pepper era, “1964” recreates an early 60s live Beatles concert with period instruments, vintage costumes, hairstyles, on-stage mannerisms, speaking voi-

es, and unmistakable harmonies of the lads from Liverpool. Over forty years of researching and performing at major concert venues on four different continents has made the “1964” group masters of their craft in capturing the essence of the Beatles live on stage.

This 60th Anniversary celebrates Red Rocks Amphitheatre as one of four original concert sites still remaining from the Beatles first American tour in 1964. In celebration of this historic event, “1964” will include the 10 songs The Beatles performed at Red Rocks in 1964. Come experience the magic and see what it was like at the beginning.



## 50 Plus Marketplace News Crossword Puzzle



- 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

- 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

August 2024  
Answers page 7

For more information on “1964” The Tribute please go to:  
[www.1964TheTribute.com](http://www.1964TheTribute.com)

This concert is a benefit for PBS12 and is sponsored by Daily Camera, Brothers BBQ, Carrabba’s Italian Grill, and Frame de Art.

Thursday, August 22, 2024, 8 p.m. (Gates open at 7 p.m.)

Red Rocks Amphitheatre  
TICKETS: \$50 – GA & \$55 – \$60 Reserved (plus service charge) available on [www.AXS.com](http://www.AXS.com). For Group Sales 10+ or Backstage Tour Tickets call Sam at 303-518-1177.

TICKET LINK: <https://www.axs.com/events/509097/1964-the-tribute-tickets>

## This Ufo Got A Pass

Oklahoma Highway Patrol trooper Ryan Vanvleck had no choice recently but to pull over a UFO on the highway because it had an “obstructed tag.” The vehicle’s two occupants got a pass when they told Trooper Vanvleck that they were on their way to the annual UFO Festival in Roswell, N.M. The Sherriff’s Office explained that the driver was warned “about our strict enforcement of warp speed on the interstate and to keep his phasers on stun-only while traveling.”