

# 50 Plus Marketplace



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

July 2024 • Volume 30 • Issue 7

## Andrea Kehmeier Crowned 30th Ms. Colorado Senior America!

Look for Andrea Kehmeier, this year's reigning Ms. Colorado Senior America, to bring enthusiasm and creativity to her role, plus a desire to call attention to important issues. Kehmeier, 71, was crowned in April at the pageant's 30th anniversary. Ms. Colorado Senior American honors women who have reached the "Age of Elegance," age 69 plus. Contestants compete onstage in the categories of philosophy of life, talent, and evening gowns.

For Kehmeier, who retired just over 18 months ago, the pageant was an opportunity to do some good and have some fun. "I'd finished all my house projects," she said, and wondered what was next. "It's hard to imagine Kehmeier having time to wonder "what's next." The Conifer resident's many involvements include Habitat for Humanity and Women in Communication.

Among her goals as queen is to

call attention to the issue of obesity. "There are many misconceptions surrounding obesity," she said. "I'd like to try to dispel some of those myths."

Her interest in environmental issues and gardening with native plants and wildflowers, guided her to be involved in the Evergreen Audubon Society and the Colorado Rock Garden Society.

She also volunteers with Conifer Radio, where she is exploring opportunities to produce community-oriented content for live streaming.

Committed to reusing and repurposing clothing and household items, she is an active volunteer with Mountain Resource Center Thrift Store. And she is a volunteer test subject with Molecular Transducers of Physical Activity Consortium (MoTrPAC), a national research study conducted at Anschutz Medical Center.

Kehmeier's professional life has

been equally diverse. A member of Screen Actors Guild and the American Federation of Television and Radio Artists (SAG-AFTRA), Kehmeier pursued a singing career in classical music. But her skill in research and communication drew her to FMC Corporation and Johnson & Johnson before relocating to Colorado in 2009. She ended her career as a senior technical writer with AECOM Engineering (URS).

A Pennsylvania native, she earned a bachelor's degree from Pennsylvania State University and did graduate work in communications at Temple University.

A "staunch AARP member," Kehmeier said that "being a senior gives a tremendous perspective. For me, it's been very freeing. Seniors should feel free to realize their dreams, to feel empowered to do things they have been putting off."

Kehmeier will compete for the

Ms. Senior America crown at the national pageant this fall in Atlantic City.



Andrea Kehmeier

## Lincoln Center Features 40th Annual Contemporary Art Quilts Exhibition

The Lincoln Center will exhibit the 40th Annual New Legacies: Contemporary Art Quilts, from June 15 to August 17. This juried exhibition features the current work of over 25 finest national and international contemporary quilt artists. Art quilts accepted for exhibition exemplify innovation in quilting and surface design techniques as well as excellence in artistic composition and craftsmanship. The goal of the exhibition is to recognize the world's finest contemporary quilt artists and to advance the art form.

A full list of selected artists can be found on our website at <https://www.lctix.com/art-gallery>.

Exhibition Jurors include Vicki Carlson, Valerie Maser-Flanagan, Lea McComas with Awards Judge: Lea McComas

Vicki Carlson is a studio art quilter and fabric designer residing in Fort Collins, Colorado. Working with her hand dyed and hand painted fabrics along

with other surface design techniques, she creates predominantly abstract quilts.

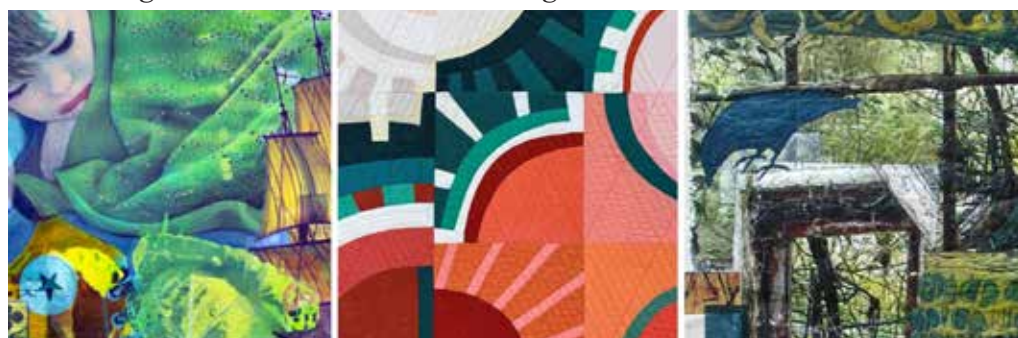
Valerie Maser-Flanagan uses hand-dyed fabric to design abstract sewn constructions. Her work is influenced by both the rural Massachusetts setting where she currently resides, her exposure to urban structures from working in Boston for thirty years, and her attraction to ethnic design. Valerie has exhibited throughout the United States and received numerous awards for her work.

With a life-long interest in fiber, Lea McComas began sewing at age six and quilting at 16. She taught public school for almost 40 years, including nine years teaching overseas. Her award-winning

portrait and genre quilts have been featured in numerous publications and exhibited in juried shows nationally and internationally. She has received awards in both art quilt and fine art venues. Lea shares the knowledge and techniques behind her award-winning portrait quilts through her lectures, workshops, online classes, and in her book, Thread Painted Portraits.

A printed catalog will be produced for the exhibit and will be available for purchase through The Lincoln Center Box Office for \$20 (including tax).

The Lincoln Center Art Gallery is free and open to the public Wednesdays and Fridays, 1-6 PM and prior to most performances.



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# JULY Calendar

## Thursday/4

City of Wellington has their annual parade starting at 10 am with over 30 vendors. Parade route starts a 1st at Cleveland Ave.

City of Fort Collins presents their annual Independence Day parade at 10 am with over 50 entries and will travel westbound on Mountain Avenue between Howes Street and Jackson Avenue. Fireworks at 9 pm at the City Park.

## Saturday/20

Larimer County Genealogical Society presents a free hybrid program on “National Grange of the Order of Patrons of Husbandry” by Lyn Ianuzzi in the Prairie Sage One room at the Fort Collins Senior Center at 10 am. Lyn will explain the workings of this national group and how it relates to genealogy. Register online at [www.lcgsc.org](http://www.lcgsc.org) to receive the handout and Zoom info.

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

Calendar sponsored by:

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*We Care*

# Coming Together to Address Loneliness and Isolation

People need people. We connect with one another as family and friends, through the communities within which we live, in our workplaces, across support networks that stretch beyond our geographic location, and in many other ways that — whether we intend them to or not — help fulfill our fundamental human need to socialize and interact. These connections can be mundane, simple experiences of everyday life (like a few polite words at the checkout counter). Or they can be more planned, grand, and meaningful such as a wedding celebration with loved ones. Regardless of their nature, all these encounters, big and small, add up and reflect an individual’s level of connection with the world — a vital ingredient in developing and maintaining overall health and well-being. This connection is a social imperative that we, both individually and as communities, have come to overlook far too often.

In a 2023 advisory titled *Our Epidemic of Loneliness and Isolation 2023: The U.S. Surgeon General’s Advisory on the Healing*

Effects of Social Connection and Community

This link is external to health.gov., the Surgeon General makes the case that better social connection — “a continuum of the size and diversity of one’s social network and roles, the functions these relationships serve, and their positive or negative qualities” — is integral to the human condition and to our ability to improve and maintain health. In fact, the Surgeon General theorizes that, “Social connection is a fundamental human need, as essential to survival as food, water, and shelter.”

That’s not hyperbole. We are figuratively and literally dying for human connection. The Surgeon General’s report, using a related example, indicates that a lack of social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day. Loneliness — “a subjective distressing experience that results from perceived isolation or inadequate meaningful connections” — and social isolation — “objectively having few social relationships, social roles, group memberships,

and infrequent social interaction” — increase the risk for premature death by 26 and 29 percent, respectively. Poor or insufficient social connection is associated with a 29 percent increase in risk of heart disease and a 32 percent increased risk of stroke. Researchers have also observed that a lack of social connection results in an increased risk for anxiety, depression, and dementia. More recent studies have even found that such a lack contributes to an increase in susceptibility to viruses and respiratory illness.

The COVID-19 pandemic offered a stark reminder of just how strongly the desire to connect with others is to our lives. Social distancing to slow the spread of the novel SARS-CoV-2 virus, critical as it was, brought with it a deprivation of human interaction — but also inspired numerous, creative ways to “stay in touch.” We congregated

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## Elder Law Q & A

### Survey Highlights High Costs of Care in 2023



Will Beyers

You may not foresee ever needing assistance with your day-to-day life. However, research shows that seven in 10 adults aged 65 and older will

require long-term care at some point in their later years. Meanwhile, the U.S. population continues to age rapidly. Americans aged 65 or older are on track to total 82 million in the next 30 years, up from 58 million in 2022.

Knowing what you can expect to pay for long-term care services is important for older adults and their families.

#### Genworth’s Research

Since 2004, Genworth has investigated the cost of different types of long-term care services nationwide. The current survey reflects data from September through December of 2023. For the 2023 report, Genworth surveyed more than 11,000 elder care providers.

The research revealed the following national median care costs for in-home care, community and assisted living, and nursing homes for 2023.

#### In-Home Care Costs Saw the Biggest Increases

In-home care involves hired caregivers helping an older adult in their private residence, allowing them to continue living on their

own. Homemaker services may help with housekeeping, such as cleaning, cooking, and errands.

For a standard 44-hour week, the national monthly median costs for these types of care have seen the steepest increase this past year. In 2023, these monthly costs were \$5,720 for homemaker services and \$6,292 for a home health aide.

#### Community and Assisted Living Services

Community and assisted living services support older adults who need some help but not round-the-clock nursing care. The median monthly cost of adult day health care was \$2,058 in 2023.

Unlike adult day health care, assisted living is a form of housing. Staff assist with ADLs in a residential setting, but do not provide

nursing care. For assisted living, the monthly median cost was \$5,350.

#### Nursing Home Costs

When an older adult requires round-the-clock care, nursing homes can provide a safer alternative to independent living. Because of the level of care provided, nursing homes are the costliest long-term care service. The national median monthly fee in 2023 was \$8,669 for a semi-private room in a nursing home and \$9,733 for a private room.

Beyers Law LLC is a law firm serving clients throughout 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).



Will and Bill Beyers

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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.

### Publisher/Editor

Robert A. Trembly II

### Contributing Writers

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Larimer County  
Agencies & Businesses  
All seniors organizations

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Bob Larson

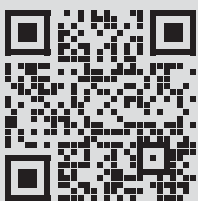
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Robert Trembly

### Design/Production

Kit Brown

### Smart Phone Access



Printed on Recycled Paper

## Can you hear me now?

### Why Do We Measure Speech Audiometry In A Hearing Evaluation?

Speech measurement involves two different types: One checks how loud speech needs to be for you to hear it. The other checks how clearly you can understand and distinguish different words when you hear them spoken. You will hear a recording of a list of common words spoken at different volumes and asked to repeat those words. You will repeat a list of words to determine your speech reception threshold (SRT) or the lowest volume at which you can hear and recognize speech. Then speech discrimination is measured— also called word recognition ability. You will listen to a recording, and then you will be asked to repeat the words. This will measure your ability to understand speech at a comfortable listening level. \*

In the previous articles, I was describing pure tone testing which evaluates your hearing acuity. Speech measurements are performed to determine your hearing discrimination and are mainly used to evaluate the cognitive abilities of your brain to understand spoken words.

We also use speech measure-



Susan Baker

ments to rule out medical conditions, especially if an asymmetry in the pure tone measurements is observed. If a patient has asymmetrical hearing loss and poorer word discrimination in the worst ear, you will be referred to an Ear, Nose & Throat (ENT) physician for further diagnostics and treatment if possible.

Another speech measurement is to determine how well you hear and understand speech in the

presence of background noise. You will be asked to repeat a full sentence or as many words as you can while the background noise increases in volume.

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.hopkinsmedicine.org/health/conditions-and-diseases/hearing-loss/speech-audiometry>

### THE CHANGING BRAIN WITH HEARING LOSS:

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## Veterans Echoes

### Del Ritchhart



Brad Hoopes

Del Ritchhart had a fascinating and distinguished twenty-four-year Navy career. He served most of it in Naval Intelligence, primarily in anti-submarine warfare. This cat and mouse game with the Soviets took him all throughout the Pacific. He finished his career as Deputy Chief of Legislative Affairs in Washington, DC. One assignment in this long career involved something that very few people ever experienced, watching the detonation of an atomic bomb.

Del didn't experience just one, but over twenty tests. This was part of Operation Dominic, a series of tests where bombs were dropped mostly from B-52s off of Kirabiti Island. Del and his crew's job was to fly throughout the danger zone looking for and warning any maritime vessels that they needed to get out of

the area before the detonation.

His description of the blast is chilling. He said once back on the island you are issued protective eyewear and told to stand facing away from the blast, as looking at the initial blast would burn your corneas. Although looking away, the first thing you notice was everything lit up. Next you felt the heat on your neck, followed by the burst of wind, and finally the boom. This was all felt from 35 miles away! When he

was airborne (safely away) during tests, they pointed the plane away from the blast to make a smaller profile. He said the churning of the mushroom cloud and the ice crystals that formed on the outer edge of it was surreal.

**Thank you for your service, Del!**

Brad Hoopes has a passionate project of preserving the stories of veterans. You can watch Del's and other stories by going to: [www.youtube.com/@re-memberandhonorstories](http://www.youtube.com/@re-memberandhonorstories)





## Technology is Hip! The Future of Right Whales!



Bob Larson

I coined a phrase several decades ago: If we don't take care of our planet, it will die and so will we! I'm referring to our environment which includes our oceans, atmosphere, forests, wildlife, food supply, land, and the human race! In 2022, the World Wildlife Foundation reported an unsettling statistic about a 69% drop in global wildlife populations in the last 50 years! Much of the decline is due to disappearing forests, poaching, hunting, and declining food supplies for the wildlife!

Recently on PBS-TV's program on Nova, they stated the decline of the large Right Whales (measured at 45 to 55 feet length for adults) with less births in the northern Atlantic Ocean! Their decline is due to fishing nets and rope entrapments and ship or boat propellers and their declining food supply, which is mostly plankton. Either issue is responsible for major injuries that eventually result in the

whale's death. Many whales have been tagged with GPS tracking devices that let the biologists know where the whales have migrated or even if the whale has died. Many biologists have saved many Right Whales from the net or rope entrapments, which isn't easy as the whales are fighting to survive the entrapments, making it hard for the biologists to be close enough to cut the fishing net or ropes.

The Canadian Government has mandated the use of break-away nets and ropes to hopefully allow the Right Whales to free themselves without the help of the biologists. The government also has recommended all fishing ships and boats stay a safe distance from the Right Whales to prevent propeller injuries. The biologists have discovered the Right Whale population has migrated further north from the northeastern U.S. coasts to the Gulf of St. Lawrence, where the plankton are now located. Regardless, it may take more than technology to save the Right Whales.

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



### New Patients Welcome!

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www.implantdds.com

## Sedation Dentistry

Fear of the dental experience has been demonstrated to be one of the most significant barriers to the delivery of quality dental care. When the stress of the dental treatment situation is combined with dental fears, some patients find themselves unable to successfully have dental treatment done.

At Implant & General Dentistry of Northern Colorado (IGDNC) our doctors offer oral forms of sedation dentistry and intravenous (IV) sedation. This facilitates the ability to sleep through nearly any procedure. Most people elect IV sedation for procedures like surgeries (implants, extractions, bone grafting, wisdom teeth, etc.) However, these forms of sedation can be utilized for an array of general dentistry procedures including dental fillings, crown and bridge restorations, full mouth rehabilitation, and even preventative cleanings for individuals who have high dental anxiety.

IV sedation is something that very few general dentistry practices in the area offer due to the extensive additional training that is required to become certified. We often see many patients who come from neighboring states like Wyoming, Nebraska, Arizona, Utah, or much further away. It's very rewarding for people to have pro-

cedures completed under sedation and wake up carefree!

Sedation dentistry could be an excellent option for you if you have one or more of the following:

- Have excess fears about dental appointments (dental phobia)
- Have difficulty achieving sufficient numbness
- Have adverse reactions to local anesthetics
- Have a strong gag reflex
- Have highly sensitive teeth
- Dislike the noises and smells associated with the dental hand-piece (drill)
- Hate needles and shots
- Have complex dental problems that will otherwise take many visits to complete
- Wish to have a comprehensive smile redesign

Call IGDNC today to see about scheduling your next dental appointment with sedation at 970-663-1000 and check us out online at [www.implantdds.com](http://www.implantdds.com)

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Community*



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## Pets Are Family

### Keeping Dogs Safe During Fireworks Season

The 4th of July is a time for celebration, but for dogs, the fireworks can be a source of stress and fear. The loud noises and bright lights can cause anxiety and panic, leading to potentially dangerous situations. Here are some tips to keep your furry friends safe all summer long.



Judy Calhoun

noise can cause them to bolt in fear, leading to the risk of getting lost or injured.

#### Use Calming Aids:

There are various products available that can help calm an anxious dog. Weighted blankets, which provide gentle, constant

pressure, can have a calming effect. Additionally, consult your veterinarian about anxiety-reducing medications or natural supplements.

**Identification:** Ensure your dog has up-to-date identification tags and is microchipped. In case they do manage to escape, this increases the chances of a quick reunion.

**Stay Close:** If possible, stay with your dog during the fireworks. Your presence can be reassuring and help them feel more secure. If you have to leave, consider asking a friend to check in on them.

By taking these precautions, you can help ensure that festive celebrations remain a joyous occasion for everyone, including your beloved pets.

## Fair To Say

### “A Successful Resource Fair!”

Jenny Langness, ElderHaus Executive Director was pleased to be on hand to express a warm and friendly welcome to all the vendors and guests who came to take advantage of the various products and services that were being provided and offered. Vendor representatives were available and ready to answer any questions and explain in a professional informational manner available options for particular issues and concerns. Guests walked away with valuable information and materials addressing their concerns.

The success of this first Resource Fair has led Jenny to began planning a second Fair later this year or the first part of 2025.

Be on the lookout for the announcement. You'll be glad you did.

For ElderHaus Adult Day Pro-

gram information, please call Jenny Langness 970-221-0406.



50 Plus Marketplace News Associate Publisher, Michael Buckley, was pleased to be at the Resource Fair which gave him the opportunity to introduce the paper to guests, chat with existing readers and answer vendor questions about the publication.

## Colorado Council on Aging Annual Conference

In June, the Colorado Council on Aging held its annual conference at the Embassy Suites Conference Center in Loveland. Over 300 people from across the state attended the all-day event in person or on the Internet. Vice Chair Jodi Waterhouse was the moderator for the event. Chair Chad Federwitz gave the welcome message to the attendees. Governor Jared Polis gave a welcome video message to the attendees.

State demographer Elizabeth Garner gave a presentation on older Coloradoans population overview and the value they contribute to the state. Ms. Garner explained there were 62,000 births in 2020 followed by 45,000 deaths with 20,000 migrations in Colorado. She expects Colorado to have a growth rate of 30,000 people during this decade. She estimates about 40,000 retirees this year with about 400,000 retirees by the end of his decade. Garner explained health & technology will have the highest workforce growth, but many residents are leaving Colorado due to the high cost of living.

Deputy Director Jarett Hughes provided a presentation on Life-long Colorado, where we are currently and where we are headed. Hughes indicates Coloradoans are ranked #2 in health rankings in the U.S. Colorado strengths are food security, economic well being, social engagement, physical activity, low chronic disease rates, volunteerism, and many geriatric clinicians. Weaknesses include housing costs, falls prevention, Internet crimes, suicide rates, and alcohol consumption.

Dr. Marissa Volpe, AARP's Associate State Director for Livable & Diverse Communities gave her presentation on How Does Colorado Compare to Other States on Livable Communities. Maly explained their goals for older Coloradoans are to 1) fully participate in communities of choice, 2) engage in labor and volunteer force, 3) stay financially secure, 4) prepare for challenges in aging,

5) have skilled and compensated workforce for aging Coloradoans, 6) stay healthier longer, 7) all levels of government meet their commitments to older adults, & 8) feel empowered and protected against abuse and neglect. In October & November, AARP is planning an 8-week course on Livable Communities Planning Academy.

Monica Maly with the CO Dept. of Public Health and Danielle Hubbard, Region 4 Health systems Director have a presentation on Colorado's Alzheimer's Disease and Related Dementias (ADRD). Roughly 10% of the 922,000 adults over 65 years in Colorado have Alzheimer's Disease. By 2050, that is expected to increase by 21%. Their goal is to have 1) a public awareness campaign to understand ADRD awareness signs, 2) educate public on the disease and caregiving, 3) promote brain health & cognitive aging, & 4) facilitate access to services & support.

The annual Alan Buckingham Awards for Volunteer of the Year and Employee of the Year were announced at the conference. Alan Buckingham served on the Colorado Commission on Aging from 1986-98. The commission's annual Senior Legacy Award was awarded posthumously to Buckingham in 1998 and the awards was renamed in his honor. C4A Chair Erin Fisher presented two 2023 awards for Volunteer of the Year to Myles Crane and Employee of the Year to Erin Maruzzella.

After lunch, World Cafe Discussions on Neighborhood and Community Places were provided followed by breakout sessions with various panelists on 1) Understanding Alzheimer's & Cognitive Impairments, 2) Health & Wellness...Aging Well in Colorado, 3) The Future of Aging Using Technology, & 4) Workforce Opportunities for Older Coloradoans. Overall, the event was very well received by the attendees! More info on our website home page in July!



Erin Maruzzella, Jodi Waterhouse, & Myles Crane



Jenny Langness very center second row surrounded by Vendors. All smiles!!!



# 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.
- Plan comparison.
- Cost and coverage.
- 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.



## Social Security Today

### Celebrate Your Independence With Social Security

Every July 4, we celebrate our nation's independence. For nearly 90 years, our programs have helped create financial independence for millions of hardworking people. We have useful online resources like the Social Security Statement (Statement) and our benefits estimator tool that helps people not yet receiving benefits. The Statement shows the benefits that you and your family may be eligible for and provides personalized fact sheets tailored to your age and earnings situation. The benefits estimator tool allows you to get estimates based on different ages. These online tools can help you better prepare for your retirement.

If you're not receiving benefits you can get the most out of your online experience if you have a personal my Social Security account. You can:

- Request a replacement Social Security card.
- Get estimates for spouse's benefits.
- Get your Statement instantly.
- Get proof that you do not receive benefits.
- Check your application status.

If you're receiving benefits you can use your personal my Social Security account to:

- Request a replacement Social Security card.
- Get an instant benefit verification letter.
- Start or change your direct deposit. (Social Security beneficiaries only)
- Change your address. (Social Security beneficiaries only)
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- Opt out of mailed notices for those available online.

You can create your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

Our blog at [blog.ssa.gov](http://blog.ssa.gov) features news and information about our programs and services. You can subscribe and get notified each time we post a new blog so you can stay informed. From the blog, you can also connect with us on Facebook, X, LinkedIn, Instagram, and YouTube.

With so many services and helpful information available online, we are here for you when you need us. Learn more at [www.ssa.gov](http://www.ssa.gov).

### Information for the 50+ Community

## Loveland Museum Features Two Main Art Galleries

Beginning in June, the Loveland Museum will host not one, but two main gallery exhibits. The Other Side of Memory: Photographs by Luis C. Garza will feature 66 black-and-white silver gelatin prints drawn from the extensive, largely unpublished archive of this Chicano photographer's work in Los Angeles, New York, and Hungary. Garza's images document his East Los Angeles community during the early 1970s, his South Bronx neighborhood during the 1960s, and his 1971 travels to Budapest, Hungary, for the World Peace Conference where he met Mexican muralist David Alfaro Siqueiros. This exhibition will take place at the Loveland Museum from June 22 – September 1.

The Human Landscape exhibition features works from artists Elizabeth Alexander, Yazz Atmore, and Luis Santacruz. This group exhibition addresses the subject matter of identity through the lens of social justice, history, universal relationship, and kinship, both personal and in the broad context of community. The three artists in this exhibition use

widely variant techniques of metaphor, representation, symbolism and placemaking to communicate a vision that compresses objective documentation and first-person experiential behavior. By representing an accepted truth, these artists broach the subject of memory, for its negative potential and as an instigator for growth. This exhibition will take place at the Loveland Museum from June 29 – September 1.

A public reception during Night on the Town featuring A Conversation with Luis Garza will occur on Friday, July 12, 2024, 6 - 8 PM; with the artist talk at 7 PM.

The Loveland Museum is part of the Cultural Services Department within the City of Loveland. The Loveland Museum is open Tuesday, Wednesday & Friday 10:00 am - 5:00 pm; Thursdays 10:00 am - 7:00 pm; Saturdays 10:00 am - 4:00 pm; Sundays 12:00 pm - 4:00 pm; closed Mondays (subject to change). The Loveland Museum is located at 503 N Lincoln Avenue. Visit their website at [www.thelovelandmuseum.org](http://www.thelovelandmuseum.org).

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## July 4th Quotes

Thomas Paine Those who expect to reap the blessings of freedom, must, like me, undergo the fatigue of supporting it.

Ronald Reagan If we ever forget that we are one nation under God, then we will be a nation gone under.

Thurgood Marshall Where you see wrong or inequality or injustice, speak out, because this is your country. This is your democracy. Make it. Protect it. Pass it on.

Herbert Hoover Freedom is the open window through which pours the sunlight of the human spirit and human dignity.

Daniel Webster May the sun in his course visit no land more free, more happy, more lovely, than this our own country!

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

Rosa Parks I'd like to be remembered as a person who wanted to

be free and wanted other people to be also free.

Condoleezza Rice The essence of America, that which really unites us, is not ethnicity or nationality or religion. It is an idea, and what an idea it is that you can come from humble circumstances and do great things.

Abraham Lincoln Government of the people, by the people, for the people, shall not perish from the Earth.

Martin Luther King Jr. From every mountainside, let freedom ring.

Dwight D. Eisenhower The history of free men is never really written by chance but by choice; their choice!

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50+ Community*

## Veterans Plaza Displays U.S. Flags on June 14th

On June 14th Flag Day, Veterans Plaza of Northern Colorado displayed 35 U.S. flags at the Plaza in Fort Collins. Flag owner Newlen Sutton loans his 35 flags to the Plaza each year to be displayed for the public in honor of this holiday. His flag collection includes the first official U.S. flag to our present 50-star flag. Each flag has a description that tells about the history and how each flag was created. This year, about 75 people came to the Plaza to view his flag collection.

As a former Navy Seabee veteran of 24 years, Newlen started his flag collection while visiting Colonial Williamsburg with his family in 2009. He purchased his first historic American Flag reproduction, the Grand Union. With the help of his wife, his flag collection has since grown to 35 flags spanning 1765 through 1959.

Newlen gladly shares his flag collection with the community at the Veterans Plaza every Flag Day. The flags tell stories of Americans like Elizabeth (Betsy) Ross, a Philadelphia widow struggling to keep her business afloat before the flag request by President George Washington, Grace Wisher, a Baltimore seamstress' apprentice who helped make the Star-Spangled Banner, William Carney, the first African American Medal of Honor recipient and so many others. Visitors to the Plaza learned about two centuries of changes to the flag and the stories of the diverse people who gave us these American flags.

Be sure to visit his website ([www.americanflagstories.net](http://www.americanflagstories.net)) to learn about the history of each flag. Contact Newlen at [flagstories1777@gmail.com](mailto:flagstories1777@gmail.com) to schedule a presentation of his collection.



Navy Veteran Newlen Sutton next to his Betsy Ross 1776 Flag

## Larimer County Office on Aging Ombudsman Advocacy



**Kate Poppenhagen**

The Long-Term Care Ombudsman Program protects the rights of people in assisted living residences and nursing facilities. An Ombudsman is a professional who works with people who live in long-term care facilities as an advocate for their

health, safety, and wellbeing. The Ombudsman Team also helps educate healthcare professionals and future care providers about the rights of long-term care residents.

For several years, the Ombudsman Team has worked with Columbine Health Systems to teach Certified Nursing Assistants how they can help people living in nursing homes. Recently, the training expanded to include high schoolers from Poudre School District's Registered Apprenticeship Program. Local students are given opportunities to partner with CNAs and learn about other

long-term care career opportunities. Additionally, the Ombudsman Team is creating a course curriculum about the Long-Term Care Ombudsman Program for high schoolers across Colorado.

Connecting with interested students is more important than ever since there are more older people who need help, but not enough people to take care of them. Recent AARP data show that nearly one-third of long-term care facilities in Colorado are facing staff shortages. By 2040, the population of adults 65 and over will reach 81 million, or 22% of the U.S. population, adding demand to an already strained care system.

To learn more about the Larimer County Long-Term Care Ombudsman Program, call (970) 498-7754 or visit [larimer.gov/seniors](http://larimer.gov/seniors).

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## Ron Stern's Travel Series

### Garden of the Gods Resort and Club

Combining majestic natural beauty with all the amenities of a world-class resort, The Garden of the Gods Resort and Club offers travelers a respite from the outside world. Having recently undergone a \$40M renovation, guests can enjoy award-winning dining, championship golf, tennis, pickleball, and swimming as well as a host of wellness options.



restaurants' specialties are their wildly popular portabella mushroom fries and soon-to-come pimento pizza.

The resort also offers some integrative health programs known as STRATA, Three holistic disciplines are available in their 31,000-square-foot facility. These include Med (health and wellness), Spa (spa and salon), and Fit (fitness and performance). All are under one roof and offer "transformative", personalized service.

Combining some forty award-winning health practitioners, you can do just about everything here from using their fitness facilities with aqua aerobics to getting a facial or massage.

What was once a members-only resort is now open to the public, club members and resort guests. Having won many accolades, including the #1 US Hotel Award (Yelp), people are now rediscovering this Colorado Springs treasure.

Several types of accommodations are available including cottages, casitas and the resort lodge. All are outfitted with modern conveniences such as plasma TVs, fireplaces, coffee makers, patios, and plush furnishings.

West-facing rooms overlook the Garden of the Gods National Natural Landmark. To say the views are stunning is a bit of an understatement. Massive red sandstone formations grace the park's entrance and come alive with color as the changing sunlight dances across the rock faces. Nature wasn't done yet, however, as snow-capped Pikes Peak in the background completes this photo-worthy scene.

Three restaurants source fresh and healthy ingredients to enhance your on-site experience. The Grand View was named one of the Top 30 Restaurants in Colorado Springs and offers a delicious host of healthy options along with floor to ceiling views of the park. Among the restau-

The "Med" portion provides holistic medical care that utilizes the best from Eastern and Western medicine. Their staff has years of experience in the fields of cardiology, naturopathic medicine, chiropractic, nutrition and acupuncture.

All of the disciplines work cooperatively to address your personal needs and provide a road map towards maximizing all areas of your health. Unlike many specialties that may require months of waiting to see a specialist, here you can typically be seen in days.

If you are looking for a place that is close to home that not only will invigorate your senses but cater and nourish your whole person, then book your next trip here. The ambiance, service, and endless options will make your next getaway one to remember.

*This was a sponsored visit, however, all opinions expressed are the authors*



Correction, the print version of this story misspelled the word "STRADA" and should be "STRATA."

## Ageism Matters

### Ageism in Healthcare: A Call for Change



Kris & Sara

Ageism, defined as prejudice or discrimination based on age, is particularly harmful in healthcare. Biases against older individuals lead to significant health disparities and reduce care quality. Addressing ageism is crucial for individuals and society.

Ageism is evident in everyday language and media, where older adults are often underrepresented and depicted negatively. This reinforces the belief that aging diminishes value, and makes older individuals feel invisible.

Common stereotypes, such as considering depression or chronic pain "normal" parts of aging, result in neglect and substandard care. Older adults are less likely to receive necessary medical procedures or mental health support, perpetuating a cycle of inadequate care.

The individualistic mindset prevalent in our culture worsens ageism. We often attribute aging outcomes solely to personal choices, ignoring the significant impact of social determinants like access

to healthcare, financial stability, and social support. This perspective limits public support for policies that could improve health outcomes.

Addressing ageism requires a multifaceted approach. Individually, we must challenge our own biases about aging. On a societal level, promoting a diverse, realistic portrayal of aging will shift perceptions. Increasing awareness about the unique experiences of aging fosters a more inclusive attitude.

By addressing ageism, we can improve healthcare interactions and create a society that values individuals of all ages. This benefits older adults and ensures a better future for generations to come. Through challenging personal biases, promoting positive representations of aging, and increasing public awareness, we can foster a more inclusive and supportive environment that provides equitable care and support as we age.

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



## Affordable Dental Coverage Gives Older Adults a Reason to Smile

(StatePoint) Maintaining your health and vitality as you age includes taking care of your mouth. Neglecting dental health can make you susceptible to gum disease, lead to poor nutrition, put you at risk for infections, and even impact your emotional well-being.

Yet, many older adults aren't receiving proper oral care. Research from the Kaiser Family Foundation shows that more than one in five Medicare beneficiaries have not visited a dentist in five years, primarily because of cost.

Many people lose their dental coverage when they retire. Fortunately, affordable options are available, according to Dr. J.B. Sobel, chief medical officer with Cigna Healthcare's Medicare business.

"While Original Medicare doesn't cover routine dental care, Medicare Advantage (MA) plans include everything in Original Medicare and more," Sobel said. "Many MA plans include some dental coverage, often at no extra cost. Some plans will allow you to see any provider of your choosing, while others require you to use providers within a certain network. Some MA plans even provide no-cost transportation to the dentist."

Once you have access to dental care, there are compelling reasons to take advantage of it, according to Dr. Cary Sun, chief dental officer with Cigna Dental and Vision, including the following:

Preventing gum disease and other oral health issues. Forgoing recommended routine teeth cleanings can increase the risk for cavities, gum disease, infection, and swelling of the gums (gingivitis). This can escalate into problems like tooth loss and the need for root canals or crowns, costing thousands of dollars. If you have a chronic medical condition like diabetes, gum disease can also put you at greater risk of infection, as bacteria can enter the bloodstream through poor oral hygiene. Therefore, it's important to get regular cleanings with your dentist, to brush your teeth twice daily with a fluoride toothpaste, and to floss

daily to remove plaque from between teeth. An electric toothbrush or water flosser may make brushing and flossing easier.

Addressing dry mouth. Many older adults take multiple medications. This can result in a condition called "dry mouth," which can make it hard to chew, swallow or even talk. Dry mouth can also raise the risk of tooth decay and oral infections. A dentist can help you address this with saliva substitutes or lifestyle changes, such as sipping water and reducing or avoiding tobacco, caffeine and alcohol.

Facilitating good nutrition. Proper nutrition is important for everyone, but particularly for older adults. A healthy mouth makes it easier for you to eat well and enjoy food, while gum disease or ill-fitting dentures can make it hard to chew. If you're having difficulty eating for any reason, your dentist may be able to help you.

Screening for certain cancers. Cancers of the mouth are more common in older adults. As with all cancers, early detection is critical to effective treatment. An annual oral cancer examination can help detect early signs.

Maintaining your confidence. Having healthy teeth boosts confidence and fosters better communication. You may be more likely to go out, stay active, and meet and interact with new people when you're proud of your smile.

To find MA plans offered in your area, visit Medicare.gov. For information on Cigna Healthcare plans, go to CignaMedicareInformation.com.

"The case for maintaining your dental health is clear and convincing," Dr. Sun said. "Once you're covered by Medicare, secure dental insurance coverage and see your dentist as recommended to maintain your overall health. Through regular preventive care, you may even be able to avoid more costly and serious procedures later. It's never too late to get started on a path toward better oral hygiene."

## Reflections

### Getting New Material



**Martha Coffin Evans**

We all tell our stories. Then we add more stories, embellishing them for other audiences. "Is that the truth" becomes a frequently asked question.

What do you do when your story material runs low? Well, take a trip and try for more stories found in different settings.

We experienced this last summer when we met fellow Upper Mississippi River travelers that first breakfast. "Our daughter says we need new material," explained one tablemate. Soon entertaining stories emerged.

"I took a shower this morning and realized I forgot to shampoo my hair," commented one gal. Back into the shower she went for a redo. Another commented about her sister mixing up the spray. She misted her hair with the room deodorizer while the more traditional spray remained untouched. "I couldn't read my bottles very well so double conditioned my hair for days. Later I realized I hadn't been using shampoo," lamented another. Glasses in the shower, anyone?

Speaking of showers, one traveler regaled us with his story of being "stuck" since the door wouldn't

open when he was inside. After complaining to the staff, an attendant showed him how to pull the door toward himself vs pushing it in from the outside. He never got "stuck" again!

Some travelers have tales dealing with clothing. One traveler's two tee shirts lasted five days until her luggage arrived. Another wore her roommates clothes for 10 days until her own reached her.

River cruises provided more stories about unexpected "viewing" opportunities especially when travelers expected to be docked only to find themselves looking into another ship's stateroom! Standing in natural or other attire surprised all!

Whether gathered daily or drawn from past travels, "new material" keeps us all laughing at ourselves. We fondly remember last summer's travelers and tales. It's time to look for this year's material.

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

## Genealogy Rocks!



**Carol Darrow**

I am celebrating my 25th year as a genealogist. How time flies when you're having fun! So I am often stopped in the midst of the happy dance when someone asks me, "Are you finished with your genealogy?"

The short answer is, "No."

When I started I did not know the names of any of my great-grandparents. So I had lots of work to do. I spent a lot of hours at the National Archives branch at the Federal Center poring over census record microfilm.

I subscribed to Ancestry.com after my first three years and found it helpful. The constant addition of new records to the database has enabled me to get back to about 1700 in U.S. records.

Fold3.com is primarily a database of U.S. military records. I found my 4th great-grandfather's Revolutionary War pension application there which detailed not only his military service, but his two marriages and the names of his daughters and their husbands.

FamilySearch.org gave me access to my 5th great-grandfather's probate records from 1796 and 1802, including the names of his deceased children and the distribution of his land and slaves.

AncestryDNA opened up an entirely new branch of my family by connecting me to several descendants of my 3rd great-grandmother, Manette Roy Chapmond of Louisiana. This information explains why my 2nd great-grandfather spoke French even though he lived in Arkansas.

I've recorded most of this information on Legacy Family Tree software on my home computer. I prefer owning my family information on my own computer rather than relying on access to an online family tree.

Of course, I haven't spent all those 25 years on my own family tree. I also worked on my husband's family and volunteered to help many others locate their own families. Join me in celebrating my 25 years of genealogy.

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



(c) SeventyFour / iStock via Getty Images Plus



## What You Should Know About Protein Supplements

Adults who don't engage in regular strength training can lose 4 to 6 pounds of muscle per decade, reports Harvard Medical School.

By exercising regularly and boosting your protein intake throughout the day, you can slow, and even reverse, this process, says Kyle Timmerman, associate professor of kinesiology, nutrition, and health at Miami University. "Adequate protein intake helps maintain muscle mass and reduces the risk of falls, fractures, frailty and loss of independence in older adults," he says.

A 2023 study of more than 800 healthy people in their 80s found that among those who are independent and active, "protein intake is associated with a reduced risk of all-cause mortality."

Most older adults consume 50 to 70 grams per day, says Donald Layman, professor emeritus at the University of Illinois at Urbana-Champaign. That's not enough. "Target getting at least 90 grams per day, to protect muscle and bone health," he says. The easiest way: protein supplements.

Though premade protein drinks and bars are more convenient than powders, they're generally ultraprocessed foods, often containing plenty of sugar and other additives. Some popular brands can have nearly twice as many ingredients when they come as a premade drink instead of as a powder. And bars can have as many grams of sugar as they have protein. A scoop of whey protein powder delivers around 25 grams of protein (depending on the brand) with far fewer additives.

The particular powder to look for is whey protein powder, which is derived from milk. One review in the journal *Nutrients* found that whey appears to be better at stimulating muscle growth in older adults than either plant proteins or casein, another milk-based product.

"Premade liquids are OK options for older people" Layman says, "but I would recommend buying whey protein powder and mixing that into milk or yogurts or even oatmeal."

There are two main types of whey: concentrate and isolate. Whey isolate has been stripped of the milk's lactose and fat, so it's up to 95 percent pure protein. It's best for those looking for more protein without more calories, says Gabrielle Lyon, founder of the Institute for Muscle-Centric Medicine and author of *Forever Strong*. Because the natural sugars have been taken out, it's the best option for those who are lactose intolerant.

Whey concentrate, on the other hand, is typically more calorie-dense and also contains carbohydrates and fat," Lyon says, so it's the best choice for people who are looking to keep their weight up, a common problem for people in their later decades. Regardless of which you choose, "search for a product with the fewest ingredients possible," Lyon says. Make sure the very first ingredient listed on the label is whey protein.

Many stores have "adult nutrition" aisles, where protein supplements are sold as "meal replacements." But these are ultraprocessed foods and often too low in protein, says Stuart Phillips, director of the Physical Activity Centre of Excellence at McMaster University. "My mom asked me about those, and I told her to get some yogurt," Phillips says. "You've got a blender, throw some blueberries in, some Greek yogurt, a little protein powder. That's all you need."

For a quick morning boost of protein, try these simple smoothie recipes from AARP's *The Whole Body Reset: Your Weight-Loss Plan for a Flat Belly*, *Optimum Health*, and *a Body You'll Love at Midlife and Beyond* (Simon & Schuster, 2023). Article courtesy of AARP.

## Live Well As You Age Seminar Is A Success!

In July, the Alzheimer's Association presented their Live Well As You Age Seminar at the Drake Center in Fort Collins. Host Angel Hoffman presented four speakers: PhD Rebecca Chopp, PhD Deanna Davalos, Physical Therapist, Dr. Maggie Thompson, and Amber Webb, MA Nutrition. The free seminar featured these four amazing guest speakers who shared the latest research and tips on how to stay socially and cognitively engaged. They also offered nutritional and exercise recommendations to maintain or improve your overall physical and brain health.

Dr. Deana Davalos is a psychology professor at CSU. Deana emphasized that social engagement is important besides cognitive stimulation, nutrition, & physical activity to prevent loneliness and isolation. According to the surgeon general, "loneliness is like hunger, a signal we're lacking for survival." These two factors have a 50% risk of getting dementia, 25% risk of early death, and 30% risk of having a stroke or cardiovascular disease.

People at the highest risk are living alone, can't leave their home, loss of a spouse or partner or even retirement, struggle with money, have psychological challenges or depression, low social interaction, have trouble hearing, live in an isolated neighborhood, have language barriers where they live, experience racial, age, or discrimination, ethnic or gender identity, and not meaningfully engaged in social activities.

Research increasingly shows social interaction is crucial to your brain's health! Think about these steps to resolve depression & isolation: 1) physical factors such as mobility issues, hearing loss, and incontinence, 2) psychological issues such as cognitive impairments, memory loss, and depression, 3) social factors such as financial concerns, transportation

issues, and respite care.

External activities and meeting new people prevent isolation and promote health. Volunteering benefits you and others. Spending time with family, friends, and loved ones reduces depression.

Dr. Rebecca Chopp is a board member of the National Alzheimer's Association and co-founder of Voices of Alzheimer's. Rebecca explained how the Mediterranean Diet (MD) can reduce weight, blood pressure, and cholesterol besides reducing or eliminating many harmful diseases!

She recommends limiting processed foods, consume most food in whole form, choose whole grains, eat a wide variety of fruits and vegetables, consume less red meat, use extra virgin olive oil for cooking, eat moderate amounts of dairy products, enjoy red wine in moderation, use fresh herbs & spices instead of salt or sugar, enjoy your meals with family and friends and eat mindfully.

Dr. Maggie Thompson is the owner and founder of Refuge Physiotherapy in Windsor. Stay active with up to 150 minutes of weekly exercise both moderate in walking or gardening and vigorous in hiking or biking and be sure to hydrate with water. Make changes gradually as it takes 21 days normally to adjust to a new lifestyle.

There is aerobic exercise to keep your body active and strength training to keep your muscles in top shape.

Several studies indicated people of 70 years age or older had less brain shrinkage who exercised regularly and had less cognitive issues. Regular exercise reduced dementia by 28% and Alzheimer's Disease by 45%!

Amber Webb is a consumer sciences specialist at CSU. Amber discussed proper nutrition and how it benefits the body. Overall, the seminar had lots of beneficial information for all ages!



*l-r: Amber Webb, Deanna Davalos, Maggie Thompson, Rebecca Chopp, & Angel Hoffman*

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# Coming Together to Address Loneliness and Isolation

Continued from page 2

on rapidly developing video platforms to chat, share meals, and enjoy holidays. We coordinated to see each other on balconies and stoops in the evenings, just to chat with one another from across the street or alleyway. Maybe you recall a story about someone who lived alone initially, testing and isolating, before taking on a roommate to avoid that solitary experience during the prolonged lockdown phase of the epidemic. One of my fondest, most poignant memories of the pandemic was when our neighbors rallied, widely spread apart, across our back lawn with balloons and banners to celebrate my daughter's 18th birthday. While these adaptations in how we interacted gave many hope and comfort, for some the loss of regular human contact was unbearable, leading them to simply ignore the risk of being exposed to the virus and resume the interactions that they so desperately craved. Regrettably — but also understandably in a way — people fell ill and often succumbed to COVID-19, as their urgency to be with loved ones and to experience basic human connection, could not be denied.

The data tell a similar story. A 2022 report [This link is external to health.gov.](#) found that only 39 percent of adults in the United States said that they felt very connected to others. One report [This link is external to health.gov.](#) cited by the Surgeon General found that approximately half of U.S. adults recounted experiencing loneliness, with some of the highest rates among young adults. However, "less than 20 percent of individuals who often or always feel lonely

or isolated recognize it as a major problem [This link is external to health.gov.](#)," despite the risks for premature death such loneliness brings about.

Our office and its federal partners are actively working to address social connectedness and track progress. So integral is the notion of human connection that it occupies a key role in the People & Places Thriving: Federal Plan for Long-Term Resilience (PPT) initiative, grounded in the Vital Conditions for Health and Well-Being framework. PPT lays out an approach for federal agencies to collectively strengthen the vital conditions necessary to ensure individual and community well-being, resilience, and thriving. Central to this framework of 7 vital conditions is the essential element of Belonging and Civic Muscle — the critical condition through which individuals and communities are empowered and can subsequently improve upon the other 6 vital conditions. This is based in the fundamental principle that "healthy, fulfilling relationships and strong social supports provide a foundation for individuals and families to thrive." Such relationships build "social ties, trust, and cooperation" in communities and bring people together. In other words, we must intentionally fulfill the need to connect in order to thrive.

Along with the PPT initiative, Healthy People 2030 — the nation's decennial roadmap for health and well-being — tracks how and how often we connect with one another. Healthy People 2030 includes several national objectives directly related to social connection:

Increase the proportion of adolescents who have an adult they can talk to about serious problems — AH-03: Adolescents who have an adult to confide in are less likely to take part in risky behaviors.

Increase the proportion of children and adolescents who communicate positively with their parents — EMC-01: This type of communication is key to healthy relationships, and it can protect children from health risks and help them do better in school.

Increase the proportion of adults who talk to friends or family about their health — HC/HIT-04: Research shows that when people don't have social support, they're at increased risk for physical and mental health problems.

Increase the proportion of the voting-age citizens who vote — SDOH-07: Voting can help people develop a sense of purpose, feel connected to their community, and take part in decision-making that affects their health and well-being.

Other objectives in Healthy People 2030, such as Reduce bullying of lesbian, gay, or bisexual high school students — LGBT-05 and Reduce bullying of transgender students — LGBT-D01, seek to examine how such negative social determinants perpetuate inequities in social isolation for groups like LGBTQIA+ individuals, certain ethnic and racial groups, rural residents, victims of domestic violence, and others who experience discrimination or marginalization.

Overall well-being — OHM-01 examines individual views on overall life satisfaction that can help researchers and policymakers understand how people broadly view their own lives. This information

can inform strategies focused on the health, well-being, and resilience of communities across the United States — including approaches to alleviating the negative effects of social isolation and loneliness. Currently, the National Center for Health Statistics (NCHS) is collecting data related to loneliness and social isolation through its 2024 National Health Interview Survey, expanding the data set, and shedding additional light on the issues.

The Surgeon General's 2023 advisory establishes a comprehensive approach to advancing social connection, and I encourage you to read and take its recommendations to heart. In our daily lives, we all should, at a minimum, show sincere interest in those with whom we interact. Regularly reaching out to those we serve, those we know, and especially those we love and care for will restore and strengthen the bonds we share. Why not also volunteer where and when we can?

We all must recognize loneliness and social isolation for the health risks they are and take steps to prevent them. Start by being kind to yourself, give yourself the grace of companionship, and don't hesitate to seek help from a professional when you feel lonely or isolated. Know you're truly never alone.

Paul Reed, MD  
Rear Admiral, U.S. Public Health Service

Deputy Assistant Secretary for Health

Director, Office of Disease Prevention and Health Promotion

Health and Well-Being Matter is the monthly blog of the Director of the Office of Disease Prevention and Health Promotion.

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## Good for Colorado's Economy

The 2024 legislative session delivered real results for Colorado businesses of all sizes and positioned the state's economy to continue to thrive. From nation-leading investments to strengthen Colorado's workforce and create housing Coloradans can afford near job centers to cutting taxes and increasing certainty for business leaders, Colorado is doubling down on its commitment to be the best place to start and grow a business.

"We delivered real results this legislative session. Colorado's strong economy will continue to lead the nation and pave the way for the sectors of tomorrow. By increasing access to housing workers can afford, cutting sales and income taxes, saving Coloradans and businesses money on property taxes, and investing to make life in Colorado more liveable, affordable, and sustainable, we are ensuring Colorado remains the best state for workers to thrive and business to grow and expand in," said Governor Polis.

Colorado's economy remains strong. According to U.S. News & World Report, Colorado ranks fourth in the nation for best economy, best business environment, and employment. Cities across the state continue to make the "best

places to live" list, with Colorado Springs up five spots to number three and Fort Collins also making the list.

To maintain Colorado's economic competitiveness and strengthen the state's business-friendly environment, the Colorado Office of Economic Development, and International Trade (OEDIT) has identified key areas to best support the growth of Colorado businesses. These include continued efforts to increase the supply and reduce the cost of housing, which impact employee recruitment and retention, and saving businesses and Coloradans money. Historic achievements from the 2024 legislative session will advance many of these priorities.

"Companies choose Colorado for our top talent, our diverse portfolio of advanced and growing industries, and our collaborative and stable ecosystem. Colorado is sending a strong signal to employers that this is the best place to do business," said OEDIT Executive Director, Eve Lieberman.

*We Care*

## Colorado Gerontological Society

### Salute To Seniors Returns August 24 And 25



**Eileen Doherty**

Denver, CO. We all want to have fun, need information and can always use resources. Join 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.

The Salute will feature more than 75 exhibit booths and a farmer's market with free fresh produce and fruit. Other features include playing bingo; having your balance assessed, reviewing susceptibility to falls, taking your blood pressure and testing your body mass index.

You can get tips for emotional well-being and shop the clothing boutique. Forney Museum of Transportation is bringing back their classic cars.

Get tips on your family history searches through the Denver Public Library. View the awe-inspiring statuary and exquisite ceiling art paintings on a tour of the Greek Assumption Cathedral that is next door.

The Salute will focus on a better understanding of issues

facing older adults. Presentations will include emotional well-being, artificial intelligence, banking scams, buying Class 4 shingles for your house to get better rates on your property insurance, 2025 Senior housing income tax credit, and changes to the senior property tax exemption.

Help will be available with dental applications, getting a personal copy of Senior Resource Guidebook, finding a Telephone Buddy, advance care planning and counseling on aging issues.

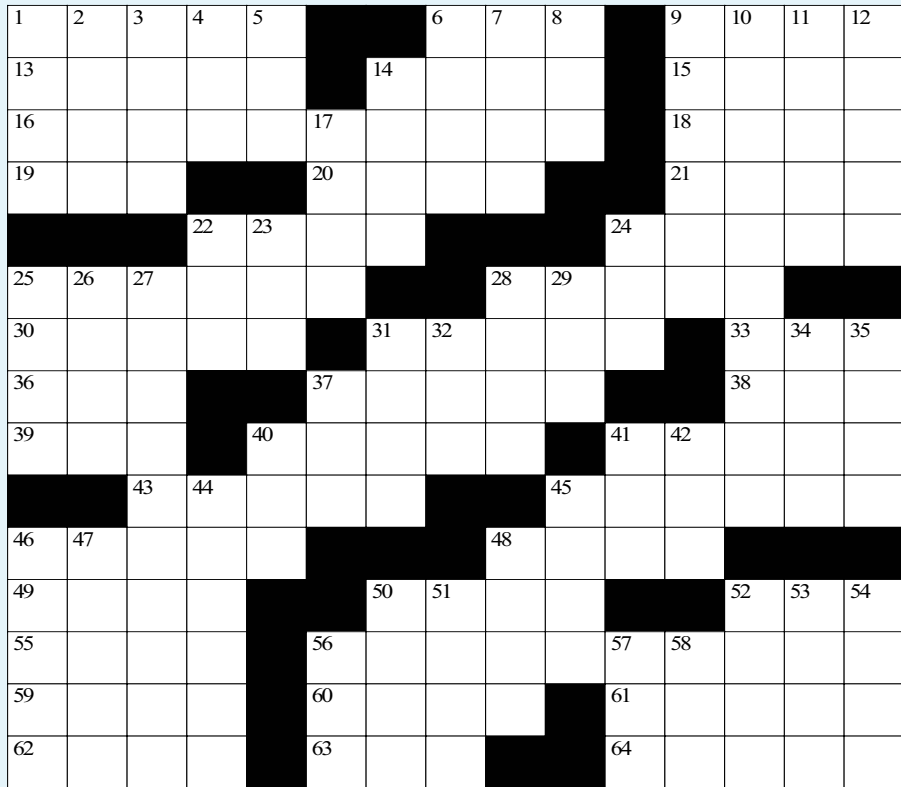
The title sponsor of this year's event is Cigna. Admission is free. Food samples will be provided through the generosity of community partners. Sign up for prizes and giveaways.

If you need information, call 303-333-3482 or 1-855-293-6911 (toll free). If you cannot join us in-person, join us virtually on August 25, 2024, from 11:30 am to 1:00 pm. To register for in-person or virtually, visit [www.senioranswers.org](http://www.senioranswers.org).

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



## 50 Plus Marketplace News Crossword Puzzle



**ACROSS**

- 1 Mixture of smoke and haze
- 6 Crowd
- 9 Upswept hairdo
- 13 Intense light beam
- 14 Matured
- 15 Native of Thailand
- 16 Lacking human emotion
- 18 12th month of the Jewish calendar
- 19 Step in ballet
- 20 Bucket
- 21 Cloak
- 22 Prod
- 24 Automatic pistol
- 25 Testify under oath
- 28 Virtual
- 30 Egg-shaped

- 31 Brief advertisement
- 33 Perceive with the eyes
- 36 Louse egg
- 37 Derive
- 38 Attempt
- 39 Biblical high priest
- 40 Nymph presiding over rivers
- 41 Salt water
- 43 Skin of the upper part of the head
- 45 Intoxicated
- 46 Analyze a metallic compound
- 48 Dash
- 49 Storage shelter
- 50 Worn by women in India
- 52 Hawaiian food
- 55 Male parent

- 56 Study of earthquakes
- 59 Ireland
- 60 River in central Switzerland
- 61 Book of the Bible
- 62 Let it stand
- 63 Wield
- 64 Aquatic mammal

**DOWN**

- 1 Slide
- 2 Mother
- 3 Serpents
- 4 Letter Z
- 5 Sin
- 6 Prefix for small
- 7 Gemstone
- 8 Ten decibels
- 9 Womb
- 10 Inflammatory
- 11 Meat stew braised in red wine
- 12 Oilcan
- 14 Highway
- 17 Foretell
- 22 Obtained
- 23 Single unit
- 24 Laboratory
- 25 Completed
- 26 Wicked
- 27 Pastry shop
- 28 Quadrangle
- 29 Vase
- 31 Radar screen element
- 32 Meadow
- 34 Sea eagle
- 35 Having eyes
- 37 Girl or woman
- 40 Denial
- 41 Bleat of a sheep
- 42 Flee
- 44 Having cadence
- 45 Slender
- 46 Donkeys
- 47 Garment
- 48 Scottish Gaelic
- 50 Authenticating mark
- 51 Breezy
- 52 Pillar
- 53 Double curve
- 54 8th month of the Jewish calendar
- 56 Plant juice
- 57 Exclamation of surprise
- 58 Destiny

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Answers page 8

## The 'Sky High' Bike

Nicolas Barrioz and David Peyrou were having a drink in a pub in France when they got the idea of building the world's tallest bicycle. And so, they got busy building the bike – a bike that measures 25 feet, 5 inches high, big enough to get the attention of the Guinness World Record judges who, indeed, declared it to be the world's tallest rideable bicycle. Barrioz was move. As he told the folks at Guinness, "this experience has completely transformed my worldview. Before this, I really needed self-confidence; I was shy and had a negative self-opinion. Now I feel unstoppable; I think I can repair, build or design anything."

