

## Larimer County Announces Two Outstanding Volunteer Awards

In May, at its inaugural Community Fair, the Larimer County Office on Aging honored two Larimer County residents for their volunteerism, positive attitude, and impact for older adults.

The Older Americans Month Awards, given for Outstanding Senior Volunteer and Outstanding Family Caregiver, were presented by Office on Aging Advisory Council Chair Jacque Penfold and Commissioners Shaddock-McNally and Kefalas during a ceremony that closed out the event. These awards are given annually to show appreciation for older adults and caregivers in our community.

The 2024 Outstanding Senior Volunteer Award was presented to Janis Markuson for the volunteerism and advocacy she demonstrates within her own North College 55+ Senior Community. Lorrie Wellman, who submitted the nomination, listed many ways

that Markuson assists her fellow seniors, including help filing taxes, paying bills, and completing Medicaid and Medicare applications.

“Volunteerism is easy for Janis, she takes seniors to doctor appointments, the emergency room, and even takes them to the hospital to be admitted for surgery,” said Wellman. “Family members from out of state have been so touched by her willingness to help their loved ones that they have offered to compensate her for gas and time spent with their father, mother, or sister. She takes residents to the store to help them purchase groceries or supplies and prepares food for them and invites them to her home to play games or have a meal. She is the most amazing servant and positive person I have met in all my years of serving seniors.”

The 2024 Outstanding Family Caregiver Award was presented to Bob Branch, who was nominated

by Founder and Director of Better People Care LLC, Jill Couch, for the compassionate coordination of his wife’s care. Couch said Branch deserves the award for, “willingly and lovingly giving the very best of himself for the benefit of his wife.”

“Bob has made it his purpose and his privilege to lovingly care for his wife for several years now,” said Couch. “To tend to her needs while coordinating her care. To keep her in their home, even while no one would have thought poorly of him if moving her into a facility might have been easier. To make sure she is clean and well fed and loved and warm and comfortable. To make sure that people who enter her life

are there to make her life better. To protect her dignity and her well-being. To make sure she feels like she looks her best.

Congratulations to the 2024 Older Americans Month Award winners and for their contributions to making Larimer County an exceptional place for older adults!



Janis Markuson & Bob Branch

## High Plains Honor Flight Has Successful Fourth Flight

The High Plains Honor Flight (HPHF) is part of the Honor Flight Network, a national network with the following mission: to celebrate America’s veterans by inviting them to share in a day of honor at our nation’s memorials in

ly 3,000 veterans on two annual flights to D.C. since 2008. Each Honor Flight normally carries over 120 veterans and 60 guardians and medical staff.

During the sendoff ceremony, special thanks to the banquet providers, bus transportation by Colorado State University and Eyre bus lines, United States Coast Guard Ceremonial Honor Guard, United States Air Force Vocalist, keynote speaker Retired USAF Colonel Skip Johnson, Guardians, HPHF Board of Directors, and Sentinels.

HPNF had an amazing escort by the Combat Veterans Motorcycle Assn, local law enforcement, and a helicopter escort with many bystanders waving or saluting at the veterans in the bus caravan. Thanks to Allegiant Airlines, the

Force Memorial, Iwo Jima Marine Corp Memorial, Lincoln Monument, Vietnam Wall, and the Korean War Memorial. The Honor Flight veterans on the flight back receive a Thank You letter from students at different schools.

For veterans to be qualified, they need to have served in the United States Military in any capacity during the different foreign wars and to have an honorable discharge. Candidates who participated in WWII, Korea War, Vietnam War, and any Purple Heart Recipient from any era are chosen from oldest to youngest. If you are a veteran or have a veteran relative, consider applying for this prestigious honor at <https://highplainshonorflight.org>.



Keynote Speaker  
Retired USAF Col. Skip Johnson

Washington, D.C. at no cost to the veterans. HPHF had their fourth Honor Flight in April. Over 800 veterans, press, and dignitaries attended the sendoff at The Ranch in Loveland.

The HPHF continues the legacy of the former Honor Flight of Northern Colorado, who flew near-

Northern Colorado Regional Airport, BWI International Airport in Baltimore, and BWI Hilton for lodging!

Memorial visits in D.C. included Arlington National Cemetery, WWII Memorial, Air



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# JUNE Calendar

## Thursday/6

The Colorado Council on Aging is hosting a Future of Aging Colorado Statewide Conference at the Embassy Suites Hotel in Loveland at 8 am. This free event features an informative array of speakers and topics. Included are a complimentary breakfast and lunch. At end of the day there is a social hour for networking. Presentations include the State Demographer, Lifelong policy developments from the Governor's Office, AARP Livable Community Comparisons, Colorado's State Plan on Alzheimer's and Related Dementias. Also scheduled are afternoon breakout tracks on Dementia, Health and Wellness, AgeTech and Workforce Development. Please register online at <http://bit.ly/ccoa-future-of-aging-2024>.

## Friday/14

Veterans Plaza in Spring Canyon Park (2626 W. Horsetooth Road) in Fort Collins is displaying 35 U.S. flags starting with the first official U.S. flag to our present 50 star U.S. flag. Learn about each flag's creation that is posted by each flag. Visit their website at [www.veteransplazanoco.org](http://www.veteransplazanoco.org) to learn more about their organization and events.

## Saturday/15

Larimer County Genealogical Society presents a free hybrid program on "Using Irish Naming Convention to Discover the Family of Thomas Delaney" by Susan McKee at 10 am in the Prairie Sage One Room at the Fort Collins Senior Center. This case study shows how Irish naming convention can be used as a powerful tool to analyze and predict family names and aid in the search for family units in Irish records in the mid to late 1800s. Register online to attend on Zoom at [www.lcgsc.org](http://www.lcgsc.org).

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>.

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.

Check individual venues for current information

Calendar sponsored by:

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*We Care*

# Seven Effective Job-Hunting Strategies for Older Adults!

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

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

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

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

1. Browse advertised job openings

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

One drawback of applying for advertised jobs is that many other people may be competing with you for the same job. To make sure you don't spend too much time on these listings: 1) Focus your efforts on just one or two specific sources, such as a job site for retired professionals or your local newspaper. 2) Respond to new job openings right away, as long as they appear to be from a familiar, legitimate place of business. Don't waste your time on old listings. 3) Never give out your credit card number, Social

Security number, or other personal information when responding to job listings.

2. Tap your personal network

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

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

3. Call your local staffing agencies

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

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

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

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

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

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

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

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

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



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### DEADLINE

## 10th of the Preceding Month

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

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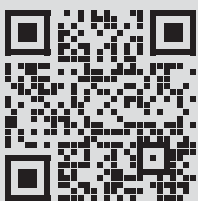
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Printed on Recycled Paper

## Can you hear me now?

### Why Do We Measure Bone Conduction In A Hearing Evaluation?

Last month I discussed the reason for Pure-tone audiometry. The next part of our annual hearing evaluation is bone conduction audiometry. For this measurement, the hearing care professional will put a small device, called a bone oscillator, behind your ear or on your forehead. The sounds sent through the bone oscillator cause your skull to gently vibrate. This vibration goes to the inner ear, or cochlea, through the skull and skips the outer and middle ear. This measurement tells the practitioner how well you hear with your bone hearing compared to your air hearing and if there is a problem in the outer or middle ear. \*

Bone conduction audiometry determines the type of hearing loss the patient has. Hearing loss is determined to be conductive hearing is a difference between the outer ear and middle ear hearing systems compared to the inner ear system. Sensorineural hearing involves the inner ear system. Mixed hearing is both conductive and sensorineural.



Susan Baker

We use this type of testing when something is blocking your outer or middle ear. The causes of a difference between air hearing and bone hearing can be wax build up, ear infections, fluid in the middle ear system, and middle ear diseases- such as otosclerosis. If a conductive component is seen during an evaluation, you will be referred to your PCP

or an Ear, Nose, Throat (ENT) physician for further diagnosis and treatment.

*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.asha.org/public/hearing/pure-tone-testing>

### THE CHANGING BRAIN WITH HEARING LOSS:

Link between hearing loss  
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### THE IMPORTANCE OF AN ANNUAL HEARING EVALUATION

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## Veterans Echoes

Matt Voris



Brad Hoopes

Honoring our veterans is a common thread that has long weaved through Matt Voris' life. Military service runs deep in his family. Wanting to honor that family legacy and in particular his grandfather, a Pearl Harbor survivor and huge influence in his life, Matt served seven years in the Army. This thread didn't end though on his discharge date.

After his service, Matt began volunteering for veteran causes. He was soon tapped by Stan Cass to serve on the Honor Flight Board. In 2018, after ten years and 22 trips, the board voted to disband after agreeing that the initial mission of Honor Flight to honor WWII veterans had been accomplished. While they also had been taking Korean and Vietnam veterans, Matt felt there were still many veterans out there that hadn't taken this incredible trip. He asked the board for permis-

sion to start a new organization and from that built High Plains Honor Flight. He continued on the legacy of what Colonel Cass started and the late colonel would be very proud of what Matt has accomplished.

I have long lived by the mantra "Our Veterans have been down a long and often times bumpy road. We must do everything we possibly can to pave the remaining miles of their road in gold." I can think

of no better road paving operation than the one run by Matt, his hard-working board, and his dedicated volunteers. When reviewing your charitable donations, please consider High Plains Honor Flight: [highplainshonorflight.org](http://highplainshonorflight.org) or P.O. Box 363 Ault, CO 80610.

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



WE ARE  
**LOCAL!**





## Join Us For Our Flag Day Celebration

**Veterans Plaza - June 14th**  
**2626 West Horsetooth Road, Fort Collins**

Join us at the Veterans Plaza in Spring Canyon Park in Fort Collins to see the various U.S. flags during Flag Day (June 14)! Thirty-five U.S. flags from the first official U.S. flag to our present 50 star flag with descriptions on their creation will be on display!



for more information, visit: [www.veteransplazanoco.org](http://www.veteransplazanoco.org)

## What is CCC All About?

Care. Connect. Collaborate. A HealthCare Networking Group For Northern Colorado. The group is extremely active serving the needs of surrounding communities. Members are dedicated to the good of all.

Just recently they all got together at the Lazy Dog Bar and Grill in Johnstown. Networking opportunities were high on the agenda.

Conversations, fun and just a good time were obvious as the group came together and enjoyed themselves.

Refreshments were served. Fabulous, even amazing door prizes were ready to be presented to the winners. More fun to be had...

CCC meets monthly. For more information, please call Anesia Pauley at Touching Hearts 970-685-4914.



Anesia Pauley happily goes about collecting business cards for the door prize drawings.



Guests chatting about business and topics of mutual interest.



## New Patients Welcome!

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## Elder Law Q & A

### How Social Security Overpayment Rules Are Changing

In late March 2024, the Social Security Administration (SSA) issued news regarding the way it handles overpayments to Social Security recipients.

Can Social Security Take Your Whole Check for Overpayment?

The SSA is required by law to attempt to recoup any overpayments it has issued to people, even if these overpayments were made by mistake. To accomplish this, the SSA in many cases would withhold entire checks from recipients it had overpaid.

Changes to Overpayment Rules Under the new rules, the SSA is modifying its overpayment withholding rate from 100 percent of monthly Social Security benefits to "a much more reasonable" 10 percent (or \$10 – whichever is greater). This rule became effective on March 25, 2024.

Sometimes, such overpayments are a result of a mistake that the SSA has made that it doesn't catch until years later. As part of the newly announced changes, the SSA has stated that Social Security recipients who have received overpayments will no longer have to take on the burden of proving



Bill Beyers

to the SSA that they are not at fault.

In addition, the SSA will be revamping its processes regarding repayment. For one, the SSA says it will make requesting a waiver of repayment easier for people who are not at fault for their over-

payments. (Note that the SSA still also allows recipients of overpayments to go through an appeals process.) And, whereas it previously sought repayments within three years, the SSA will now approve repayment plans of up to five years.

Whom to Contact With Questions

You may already be repaying the SSA for an overpayment. If so, you can contact the agency to modify the terms of your repayment plan. The Social Security Administration phone number is 800-772-1213. Or search online for your local Social Security office.

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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## Pets Are Family

### What is Animal Enrichment?

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



**Judy Calhoun**

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

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

adventures, etc.

You may already be doing some of these activities with your pet, and that's awesome! Remember to provide enrichment on a daily basis, and provide enrichment that often changes or increases in difficulty. Imagine

finding the exact same crossword puzzle in the daily paper – you would lose interest as it's no longer mentally engaging.

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

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



## Vet Connect Impressive Success

Once again, Qualified Listeners went far and beyond in connecting Veterans with Veterans. Their 5th Annual Event achieved success in every viable way.

Veterans, families, and friends joined together enjoying conversations, meeting one another and just sitting down at conveniently located tables to have coffee and refreshments. A wide range of Qualified resources/vendors were readily available to visit and discuss services, products, and assistance available to veterans and families. (Camaraderie, Conversation, Connections and "just joining in") were obvious and to the full advantage of all concerned.

The event was held at Embassy Suites in Loveland. For more information about Qualified Listeners and VET CONNECT, please call 720-600-0860.



*THE HONOR BELL  
"Forged From Honor"  
Standing with the HONOR BELL  
Mark Manwell, USAF Veteran and Chloe,  
his faithful service companion,  
Michael Buckley USAF Associate  
Publisher 50 Plus Marketplace News.*



*The Qualified Listener Team (l-r) Greg Goettsch, Founder; Barb Goettsch, Resource Coordinator; volunteers: Lily Beough, Carolyn Smith, Jody Clair - missing from photo: Shirley Russ*



## Flag Day June 14

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

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

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

"When we honor our flag we honor what we stand for as a Nation – freedom, equality, justice,

and hope." — Ronald Reagan

"You're the emblem of the land I love. The home of the free and the brave." — George M. Cohan

"Oh! say, does that star-spangled banner yet wave, o'er the land of the free and the home of the brave?" – Francis Scott Key

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

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

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

## Larimer County Office on Aging Celebrating Older LGBTQ+ Adults for Pride Month

June is nationally recognized as LGBTQ+ Pride month, a time to celebrate people with Lesbian, Gay, Bisexual, Transgender, Queer, and other sexual/romantic orientation and gender identities, and to honor the strides the LGBTQ+ community has made towards visibility, equality, and liberation. Over the past several years there has been an increased awareness of the unique difficulties that older adults in the LGBTQ+ community face as they contemplate accessing services.



**Kate Poppenhagen**

LGBTQ+ adults who are 65 and older have lived through a lifetime of discrimination that has affected their families, jobs, relationships, opportunities to raise children, and now, their retirement and need for care.

Sage, America's oldest and largest non-profit organization dedicated to improving the lives of LGBTQ+ older adults, has shared specific challenges this group faces:

- More than a third of LGBTQ+ individuals may hide their sexual orientation or gender identity when they go into long-term care for fear of discrimination and mistreatment.
- Nearly 1 in 4 transgender peo-

ple report having to teach their healthcare provider about transgender issues to receive appropriate care.

• 88% of LGBTQ+ older people say they would feel more comfortable with long-term care services if they knew staff had been specifically trained about the needs of LGBTQ+ patients.

This year, Larimer County is a sponsor of Northern Colorado Equality's Pride event. The Larimer County Office on Aging will be attending and sharing resources for LGBTQ+ older adults and their caregivers. The event will take place on Saturday, June 29, at The Ranch Events Complex from 11am-5pm. We hope to see you there!

*Help us  
Help the 50+  
Community*



# 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.



## Fathers Day Quotes

Denzel Washington

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

Margaret Truman

A father's smile has been known to light up a child's entire day.

Steve Martin

A father carries pictures where his money used to be.

Nelson Mandela

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

Billy Graham

A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.

Dwayne "The Rock" Johnson

I realized being a father is the greatest job I have ever had and the greatest job I will ever have.

Liam Neeson

It's an ongoing joy being a dad.

Unknown

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

Unknown

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

## Ron Stern's Travel Series Brush Creek Ranch, Wyoming



Ron Stern

Located about 20 miles from the small town of Saratoga, Wyoming, and 2 hours from Cheyenne, Brush Creek Ranch is nestled between the Sierra

Madre mountain range and Medicine Bow National Forest. Travel + Leisure has rated this luxury, all-inclusive dude ranch as the #1 resort in Wyoming (Readers Favorites 2023).

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

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

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

The Farm at Brush Creek is located a few miles from the main lodge where you can indulge all your food fantasies. The on-site Medicine Bow Creamery makes an unbelievable goat's milk cara-

mel with honey that has been aged in whiskey barrels.

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



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

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

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



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# Protect Your Online Identity With Strong Passwords!

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

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

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

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

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

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

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



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HAPPY

# Father's DAY

from

## TRADING POST

Travel	Travel	Travel
<p><b>TRAVEL with ALETA</b> Motorcoach Trips Call or email Aleta for details 720 -382-3814/ <a href="mailto:Blondealeta@msn.com">Blondealeta@msn.com</a> <a href="http://www.GroupTrips.com/travelwithAleta">www.GroupTrips.com/travelwithAleta</a> I can send out colorful flyers!</p> <p><b>CRIPPLE CREEK</b> August 5,6,7,2024 \$260 Bus, hotel. ( based on double occupancy) You will be on your own to explore Cripple Creek, Ride Victor Train, Gold Mine Tour and more.. And of course gambling!</p> <p><b>Mackinac Island</b> August 31-September</p>	<p>8, 2024 \$1259 for 9 days Motorcoach , lodging and 14 meals All tours and sight-seeing! <b>Silverton / Durango Train</b> September 21,22,23 To Be Announced <b>The Ark Encounter</b> September 28 – October 6,2024 \$1225 for 9 days <b>Creation Museum, Ohio Boat Tour, Cincinnati</b> Museum and more! South Dakota, Black Hills, Mt. Rushmore <b>Crazy Horse</b> October 7 – 11, 2024 \$715 for 5 days Motorcoach, most meals, ticketed venues, sights and more!</p>	<p><b>Branson Christmas</b> November 10 -16, 2024 \$1055 7days 10 meals, 7 shows More details on flyer!</p>
<h3>Help Wanted</h3>		
<p><b>HELP WANTED:</b> 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.</p>		

## Technology is Hip!

### How Will Quantum Computers Benefit Us?



Bob Larson

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

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

neously due to superposition and entanglement.

- This property allows them to solve certain classes of problems faster and more efficiently than classical computers.
  - For example, quantum computers can simulate quantum physics and chemistry more effectively and break public-key cryptosystems used for secure communications.
- Specific Applications:**
    - Quantum technology is advantageous in several domains:
      - Materials Science: Quantum simulations can help discover new materials with desired properties.
      - Pharmaceutical Research: Quantum computers can model complex molecular interactions, aiding drug discovery.
      - Subatomic Physics: Understanding fundamental particles and interactions.
    - Logistics: Optimizing supply chains and transportation routes.
  - Future AI Applications**
    - Additionally, quantum computing is expected to significantly impact artificial intelligence (AI) in the coming decades.
- In summary, quantum computers hold promise for solving complex problems and advancing scientific understanding across various disciplines. As technology evolves, we can expect even more exciting applications in the future! This is another great innovation of technology to benefit our human race!
- Bob Larson is a technologist and our Marketing Director.*

## Trading Post ORDER FORM

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## Joy On The Journey 2024 Even Happy Days Along The Way.

Dementia Together recently hosted a spectacular, enjoyable and a fun fund-raising event at The Ranch in Loveland. The 1950s theme added to the fun, excitement and prompted many in attendance to relive memories of their lives and 50s experiences.

The occasion was a reason to come away with new memories too!

Event guests were provided opportunities to interact with 1950s Characters, visit twenty-three vendor exhibits, get involved in a Silent Auction offering a wide variety of exclusive items to choose from. Music was provided by The

Atomic Drifters. A very Entertaining group. All and all the event was successful in all ways; fund-raising and otherwise.

Dementia Together cultivates joy while building stronger connections for those living with dementia, their care partners, and the community. Dementia Together leads and supports innovative efforts to enhance well-being and hope. Their vision is to make living well with dementia the expectation, not the expectation. For more information about Dementia Together, please call 970-305-5271 or help@dementiatogether.org



Colin Threewitt was James Dean, Jonah Scott was young Elvis, Rose Threewitt was Lucy Ricardo, Phil Muniz was Ricky Ricardo, Eden Trent was Marilyn Monroe, and Brian Carr was Chuck Berry.



The Dementia Together "Joy on the Journey" 2024 team (l-r) Esther Gowin, Robin Westcott, Amy Threewitt, Cyndy Luzinski, Claire Richardson, Sharon Keay, Meghan Wall

### Ageism Matters

#### Busting Myths About Older Workers

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

#### Myth 1: Older people cannot work

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

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

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

#### Myth 3: Older people are sick

Health does, on average, decrease with age. However, it does not happen at a specific point, in the same way, to the same extent, or at the same rate for everyone. We cannot make accurate assumptions about the health of one individual just based on age.

#### Myth 4: Older people don't want to work

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

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

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



Kris & Sara

## A Fun Time At Aspens at Fort Collins



Management team leading the Fun (l-r)

Shawn Wyburn - Business Office Director, David Catanese - Culinary Director  
Samantha Lehmann - Vibrant Life Director, Tiger Lilly Lopez - Generations Program Coordinator  
Alannah Evans - Building Services Director, Amy Moore - Director of Sales & Marketing  
Jessica Depasquale - Executive Director

Pinatas, Photo Booths, Margaritas, Music, scrumptious handmade Tacos and delicious cupcakes ready for the taking along with residents, families, friends, management and staff all added up to a fun Cinco de Mayo celebration. A very enjoyable experi-

ence for everyone.

"Gracias" was easily shared and completely understood...

### Find Einstein



Can you find the hidden Einstein in this paper?

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## Better Business Bureau

### BBB Scam Alert: New Facebook Phishing Scam Scares Page Owners Into Sharing Their Password



**Shelley Polansky**

How the scam works

You receive an email that appears to come from Facebook and says something like this:

“Recently, we discovered a breach of our Facebook Community Standards on your page. Your page has been disabled for violating Facebook Terms. If you believe the decision is incorrect, you can request a review and file an appeal at the link below.” The message may also state that if you don’t act in the next 24 hours, Facebook will delete your account permanently.

The email includes a link that appears to lead to Facebook.com. Because you want to keep your account, you may think about clicking - however, you must stay calm and take a closer look. On closer inspection, you’ll likely find signs of a scam. These include typos, email sender addresses that aren’t related to Facebook, and, if you hover over the link in the email (without clicking on it), you will discover that it doesn’t point to Facebook’s website.

How to avoid Facebook phishing scams

Don’t panic. Always read suspicious emails carefully, looking for signs of a scam, before you act. Remember that scammers love to target social media accounts, so fake alerts aren’t uncommon.

Verify the claims. Log into your Facebook account directly to verify there is a problem before deciding how to proceed.

Always log into your account directly. Even if you think an alert is authentic, use your social media app to log in or enter the URL in the browser bar by typing it, not by clicking on a link sent to you.

Guard your login credentials carefully. Never enter your login information on a third-party website or a page other than the official Facebook website. Never send your login information to someone via email or Facebook Messenger. If you entered your login credentials into a fake form, change your password immediately.

If you spot a social media scam, report it to [BBB.org/ScamTracker](https://www.bbb.org/scamtracker) as well. Your reports help BBB build community awareness about common scam tactics.

*Shelley Polansky, President & CEO, BBB Serving Northern Colorado and Wyoming*

## New Soft-Surface Loveland Trail Opens at Cottonwood Run Natural Area

A new ½-mile soft-surface trail loop was recently built at Cottonwood Run Natural Area (on the northwest corner of 1st Street and Taft Avenue in Loveland) and is now open for public use. The “Cottonwood Run Nature Trail” connects to the City’s 21-mile paved recreation trail loop at the Big Thompson River. This summer, a pollinator plot will be added to the site to promote local pollinators using native plants.

A 21-acre addition to Cottonwood Run Natural Area was purchased in 2022 to preserve the property’s amazing viewsheds, conserve an additional buffer to the riparian corridor, and provide opportunities for passive recreational use. Cottonwood Run Natural Area offers 102 acres of public open land along the Big Thompson River corridor between Taft and Wilson Avenues. Numerous stewardship and clean-up projects helped remove flood debris, clean up trees and restore the site for public access. Sawyers and students from Front Range Community College helped remove invasive Russian olive and Siberian elm trees to improve fire mitigation and allow native vegetation to re-establish.

The new ½-mile natural-surface trail was constructed by Open

Lands and Trails staff, providing access for nature exploration and wildlife watching. Native cottonwoods and shrubs provide refuge for birds and mammals including songbirds, raptors, wild turkey, mink, elk, and white-tailed deer. The new trail is walk-in only, with parking located at the nearby Centennial Park. Leashed dogs are welcome; owners must pick up and properly dispose of pet waste.

The Open Lands & Trails Division of Parks & Recreation receives the majority of its funding for acquisition, development, and maintenance projects from Loveland’s dedicated share of the 1/4-cent Larimer County Open Space sales tax.

More information about Cottonwood Run Natural Area is available on the city’s webpage at <https://www.lovgov.org/services/parks-recreation/open-lands-natural-areas>. The Loveland Parks & Recreation Department provides access to health, wellness, community, and quality of life for Loveland residents and visitors.



## Reflections

### He’s My Hero!



**Martha Coffin Evans**

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

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

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

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

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

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

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

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

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

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

## Genealogy Rocks!



**Carol Darrow**

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

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

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

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

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

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

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

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

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



## Social Security Today

Ready To Retire?

### Apply Online With Social Security

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## Origins of Flag Day

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

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

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



Great Britain by their victory in the American Revolutionary War.

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

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

## Larimer County's Inaugural Community Fair A Success!

Almost 300 community members visited The Ranch on May 1 for the inaugural Larimer County Office on Aging Community Fair hosted by the Office on Aging, part of the Aging and Adult Services Division within the Department of Human Services.



*County Human Services Katie Stieber Welcomes Visitors!*

The free event offered a space for older adults, caregivers, and individuals planning for the future to learn about aging initiatives in the community and connect with resources. Attendees connected with 50 community organizations during a vendor fair that included health services, transportation, home care assistance, leisure activities, respite, and more.

Educational breakout sessions gave community members valuable knowledge and insights:

- Barb Bennett, “Chief Scambuster” for the Larimer County Sheriff's Office, shared tips to avoid fraud, especially as technology evolves and puts seniors at higher risk of falling victim to scammers.

- The Larimer County Office of Emergency Management provided critical information residents need to prepare for and stay informed about emergencies.

- Staff from the Office on Aging hosted workshops to familiarize seniors and their caregivers with the county's Aging and Disability Resource Center and free counseling services that can assist with end-of-life planning.

The Community Fair concluded with a ceremony celebrating the 2024 Older Americans Month Awards winners. Each May during Older Americans Month, the Office on Aging honors two exceptional community members for their advocacy and dedication to seniors in our community. This year, Larimer County Commissioners Shaddock-McNally and John Kefalas presented the Outstanding Senior Volunteer Award to Janis Markuson and the Outstanding Family Caregiver Award to Bob Branch. See our adjacent cover story on the award winners. For more information on the programs and services Larimer County Office on Aging offers, visit [larimer.gov/seniors](http://larimer.gov/seniors).



*Speaker Barb Bennett*

## Estes Park Police Dept. Sponsors Annual Public Safety Fair

Estes Park Police Department sponsored their annual Public Safety Fair Saturday on May 11 at the Estes Park Event Center Complex. Estes Park Police Officers served free hamburgers, hot dogs,

Fire Protection District, Colorado Parks and Wildlife, Rocky Mountain National Park, and the Larimer County Sheriff's Office.

Local businesses donated door prizes, including movie tickets and bowling games. Donations were provided by Bank of Colorado, Bank of Estes Park, Loveland Walmart, Reel Mountain Theater, The Bull Pin Bowling, and Sports Bar, Estes Park Rent All, Ice of Estes Park, Safeway, El MexKal Family Mexican,



snacks, and beverages, donated by local businesses for all attendees.

More than 20 regional public safety agencies attended the Safety Fair, bringing equipment and apparatus ranging from SWAT vehicles, medical evacuation helicopters, dive rescue apparatus and more. Agency representatives were on hand for demonstrations and to answer any questions. Other local agencies included the Estes Valley

Poppy's, and McDonald's. Article and photos courtesy of Estes Park PD.





## How Older Adults Are Changing America

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

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

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

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

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

Hiring older workers is not mere altruism: An estimated 10 million jobs in America are sitting unfilled. This has forced a change in recruitment to target those of all ages, Vanderburg says. Older workers' preference for remote work, especially in retirement, is pushing employers to be more flexible about where work happens. There are also greater opportunities for part-time work.

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

## Comcast Franchise Agreement Brings Better Broadband Access to Wellington

The Town of Wellington took a step toward securing a vibrant, prosperous future last month when its Board of Trustees voted unanimously to enter into a franchise agreement with Comcast of Colorado. The agreement awards Comcast a 10-year, nonexclusive, revocable franchise to construct, operate and maintain a cable system within the Town of Wellington. That means Wellington residents along with a bevy of new cable television options now have access to faster, more stable broadband internet.

Comcast offers multi-gig internet delivered to the home via a fully fiber network. That means faster speeds over a more secure connection for homes and businesses in Wellington.

"The addition of Comcast as a broadband service provider to Wellington's portfolio is essential to our Board's Strategic Plan and commitment to responsible growth for our residents," Wellington Trustee Brian Mason said. "Gigabit broadband speeds and fiber-to-the-home are essential services that will improve infrastructure and service delivery to the future of our wonderful Town."

"Connecting our communities to what matters most is part of our Comcast DNA," said J.D. Keller, Sr. Vice President for Comcast Mountain West Region. "We are proud to partner with the Town of Wellington to bring our fast, reliable, and secure fiber network and the full breadth of our Xfinity and Comcast Business services to residents and businesses in this community."

Comcast's availability in Wellington also means households receiving public assistance have the option to take advantage of Comcast's Internet Essentials service, which offers home internet for

only \$9.95 per month to qualify-ing households. The program also offers the opportunity for Internet Essentials customers to purchase a new Dell laptop for only \$149.99 (taxes and fees extra).

"Internet Essentials is a way we as a company can do what we do best: broaden digital access," said Leslie Oliver, Senior Director of External Communications for Comcast Mountain West Region. Residences aren't the only places in town that will be better connected. Comcast's end-to-end fiber network ensures better Internet access for businesses across town, too, including better Wi-Fi access for vendors working events in town like Main Street Market. Comcast will also be responsible for providing broadband service to the Town's expanded Water and Wastewater Treatment Plants scheduled to be operational later this year.

Comcast will begin to install its network in the south part of Town along Highway 1 and work north. The company hopes to provide service to as many as 1,600 Wellington customers by the end of 2024 before expanding the network in 2025.

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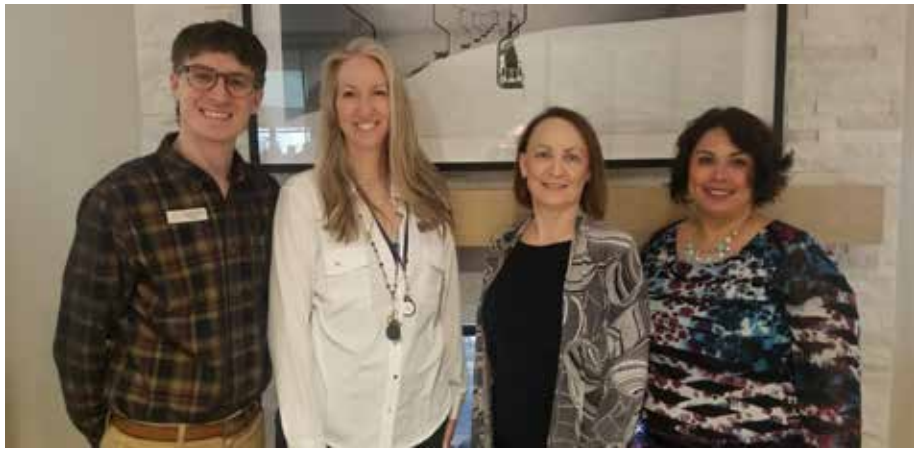
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## Professionals For Seniors Gather Together To Network!

The AVENIDA at Centerra hosted the latest P4S get-together. The carefully designed and impressive community was an ideal venue for the gathering. Members arriving were greeted with a warm

welcome. Tours were available. Members enjoyed breakfast, conversation, and networking opportunities. Everyone seemed to enjoy themselves and found being in attendance very worthwhile.



The AVENIDA at Centerra Team (l-r) Devon, Candace, Trudy, Lori.



P4S members enjoying breakfast and conversation before the program starts.

### Information for the 50+ Community

## Colorado Gerontological Society

### Hearing Loss Contributes To Epidemic Of Loneliness And Isolation



Eileen Doherty

Denver, CO. The United States Surgeon General Dr. Vivek Murthy has issued an Advisory on the US Epidemic of loneliness and isolation. Dr. Murthy noted “the epidemic of loneliness and isolation has been an under-appreciated public health crisis that has harmed individual and societal health”.

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

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

Research suggests that hearing loss is also associated with loneli-

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

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

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

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

*Help us  
Help the 50+  
Community*

## France Wins ‘Baguette’ Award

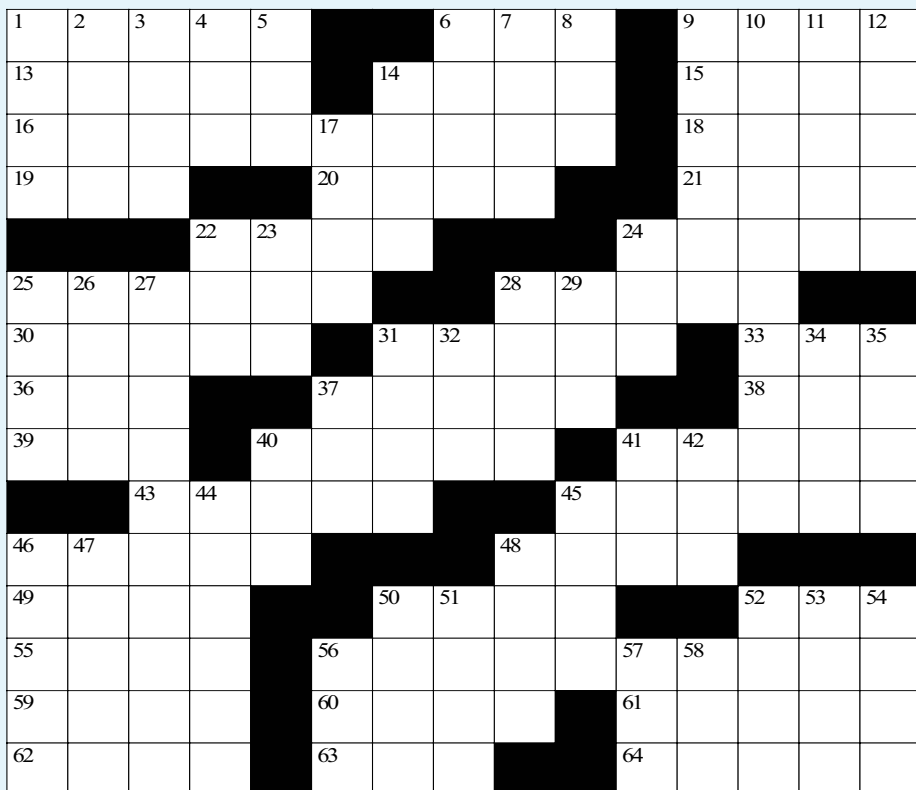
Not to be outdone by their Italian neighbors, who held the Guinness World Record for the world’s longest baguette, French chefs baked away and produced a baguette that was 461 feet long. The Italians won the title in 2019 when they produced a 435-foot, 1-inch baguette. Soon after Guinness officials declared the French bakers were the new winners of the title they served the tasty bread to attendees at the show.

## He Did It With ‘Gator Aid’

A trapper from the Florida Fish and Wildlife Conservation Commission wrestled with a nine foot long alligator that showed up at an elementary school in Wesley Chapel, FL recently. The gator won the first round when it tossed him off its back. But in the end the trapper, with help, was able to subdue the nasty critter as kids were leaving school for the day.

# 50 Plus Marketplace News Crossword Puzzle

June 2024  
Answers page 8



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

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

- ACROSS**  
1 Scrimp  
6 Metal-bearing mineral  
9 Allot  
13 Below  
14 Public disturbance  
15 Augury  
16 Bacteria causing food poisoning  
18 Gone by  
19 Engage in espionage  
20 Relaxation  
21 Small island  
22 Yelp  
24 Academy award  
25 Take into custody  
28 Hindu ascetic  
30 Surmise  
31 Circular  
33 Monetary unit of Romania  
36 And so on  
37 Father  
38 Entirely  
39 Fem. pronoun  
40 Seeped  
41 The devil  
43 Position  
45 Principal ore of lead  
46 Up and about  
48 Protuberance  
49 Scheme  
50 Capital of Western Samoa  
52 Exclamation of contempt  
55 Rube  
56 A reactionary  
59 Doing nothing  
60 Cleanse  
61 Rotating member