

50 Plus Marketplace



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

October 2024 • Volume 30 • Issue 10

Cheyenne VA Medical Center Receives Multiple 5 Star Ratings

In September, Cheyenne VA Medical Center announced that it received a 5 star rating from the Centers for Medicare & Medicaid Services' (CMS) Overall Hospital Quality Star Ratings and 5 star rating from CMS' quarterly patient satisfaction review by the Hospital Consumer Assessment of Healthcare Providers & Systems (HCAHPS). Cheyenne exceeded the standard for caring for Veterans and improved on last year's rating by going from 4 to 5 stars.

"We are thrilled to achieve a 5-star rating by the Centers for Medicare & Medicaid Services, the highest rating a health care facility can achieve," said Paul Roberts, Medical Center Director for the Cheyenne VA Health Care System. "This accomplishment is a direct reflection of the high standards our elite team hold themselves to in the delivery of high-quality, compassionate, Veteran-centered care. These 5-star ratings affirm the hard work of all the employees and volunteers who support our Veterans daily. Most

importantly, this allows our Veterans to know that they are truly receiving the best care anywhere - a benefit they have proudly earned for their sacrifice and service to our great nation."

Nationally, VA hospitals continue to outperform non-VA hospitals on both CMS' Overall Star Rating and their quarterly patient satisfaction survey:

- Patient Satisfaction Survey: VA outperformed non-VA hospitals in the most recent CMS Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) star ratings, with 79% of VA facilities receiving a summary star rating of 4 or 5 stars compared to 40% of non-VA hospitals. This represents the ninth consecutive quarter in which VA facilities have outperformed non-VA counterparts.

- Hospital Quality Ratings: In this year's CMS Overall Hospital Quality Star Ratings, more than 58% of VA hospitals included received 4- or 5-star ratings compared to 40% of non-VA hospitals. This is only the second year

VA hospitals have been included in this review, and VA has outperformed non-VA health care in both years.

These findings come at a time when Veteran trust in VA outpatient care has reached an all-time record high of 92%, based on a survey of more than 440,000 Veterans. Additionally, these findings are consistent with a recent systematic review that found that VA health care is consistently as good as — or better than — non-VA health care.

Both CMS ratings aim to improve patients' ability to make informed decisions about where they receive care. CMS awards Overall Star Ratings to hospitals based on five categories: mortality, safety of care, readmission, patient experience, and timely and effective care. CMS' HCAHPS summary star ratings combine information across ten measures of patient experience, including staff communication and responsiveness, hospital environment, willingness to recommend the hospital, and overall hospital

rating. This year's Overall Star Ratings are based on data collected between July 2019 and March 2023, and this quarter's HCAHPS star ratings are based on data collected between October 2022 and September 2023.

VA is committed to delivering the timely, world-class health care Veterans deserve and will stop at nothing less. The overall rating — as well as ratings on specific quality and satisfaction measures — of your local VA hospital can be found via CMS' Care Compare tool.

For more information, please contact Terrance Payton, Public Affairs Officer at terrance.payton@va.gov or 307-394-9501, or visit VA Cheyenne Health Care | Veterans Affairs.



46th Annual Judge Conrad L. Ball Award Honors District Chief Judge Susan Blanco

In September, the Honorable Susan Blanco was selected as the recipient of the 46th Judge Conrad L. Ball Award. Blanco is the Chief Judge in Colorado's 8th Judicial District and has dedicated her professional life to the justice system to impact our community positively.

First appointed to the bench in 2017, Blanco is the first female Chief Judge for the 8th Judicial District. She began work as a Deputy District Attorney in the 8th Judicial District Attorney's Office, followed by work in private practice focusing on juvenile delinquency, neglect and criminal defense cases. Judge Blanco has always worked to supportively impact those in our community and improve the justice system.

Judge Blanco has collaborated with many partners to establish Colorado's first competency docket. Often, individuals with mental health issues in the crim-

inal justice system do not understand the court system and its complexities and end up stuck in jail while waiting to be evaluated. The docket now helps to streamline the process.

Other nominees for the 2024 Conrad L. Ball Award were the City of Fort Collins Police Department District 1; City of Fort Collins Police Department Corporal Al Brown; Nathan Hansen of Nathan Hansen Law, LLC; Larimer County Community Justice Alternatives Specialist Carole Weishahn; Larimer County Sheriff John Feyen; and 8th Judicial District Judge Daniel McDonald.

For many years, Judge Ball was a loved and respected jurist in Larimer County. Each year, the Conrad L. Ball Award is given in his memory to a recipient who has significantly contributed toward

improving the quality of community justice in the County. The recipient, usually an individual but sometimes co-recipients or a team, is selected from among candidates nominated each year by colleagues, coworkers, and citizens.

A celebration banquet was held in September at the Fort Collins Country Club in Fort Collins. Chief Justice Brian Boatright was the keynote speaker.



Chief District Judge Susan Blanco

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OCTOBER Calendar

Wednesday/2

The Weld Senior Symposium presents a free program on health, Medicare, Citizen's Rights, & Elder Law issues at the Island Grove Convention Center (425 N. 15th Ave.) in Greeley from 8:30 am to 2 pm. Donation of \$10 covers the lunch. Register online at www.weldseniorsymposium.org or by phone at (970) 400-6950.

Thursday/10

The Partnership for Age Friendly Communities and AARP presents a free Candidates Forum at the Fort Collins Senior Center from 2-4:30 pm. Candidates running for State and County offices will be interviewed. Q&A focused on older adults' needs, issues and concerns.

Saturday/12

Veterans Plaza of Northern Colorado presents a free Classic Car Show at the Gilded Goat Brewery (3500 So. College Ave. #194 in Fort Collins) from 10 am to 2 pm. Join us for the coolest car event with music, food, and beer.

Saturday/19

Larimer County Genealogical Society presents a free hybrid program on "Federally Archived Postal Records" by Diane Richard at the Fort Collins Senior Center in the Prairie Sage One Room from 10 am to noon. Please register online at www.lcgsc.org to receive the Zoom info and handout.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer's Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Check individual venues for current information

Calendar sponsored by:

Beyers Law

We Care

Professionals For Seniors Celebrated its 18th Birthday

Professionals For Seniors celebrated its 18th Birthday at their recent breakfast meeting hosted by Northern Colorado Rehabilitation Hospital & Northern Colorado Long Term Acute Hospital.

The celebration was a gala affair with attendance reaching about 100 members. Each member had the opportunity to introduce themselves and share their commitment to serving the senior

community.

Chief Executive Director Christina Salas spoke about the specialized medical and rehabilitation services available to the patients. Christina shared about their Earnest Health affiliation and being Proudly Ranked in the Top 10% of such medical facilities.

As an important side note; Mike Maguire and Christian Salas were at the founding P4S meeting and

have had the exciting pleasure of watching the organization grow and expand its active presence in the senior community.



P4S having breakfast and chatting before the program gets underway.



(l-r) Michael Buckley, P4S Vice Chairman; Christina Salas, Chief Executive Officer No. Co. Rehabilitation Hospital, Mike Maguire, P4S Chairman

Larimer County Offers Public Tours of New Canyon Edge Open Space

As part of National Public Lands Day week in September, Larimer County Department of Natural Resources (LCDNR) is launching public tours of its newest open space at the former Heaven's Door Ranch. LCDNR is pleased to announce that the open space will be called Canyon Edge Open Space, following the recent completion of a public naming process.

Canyon Edge Open Space was acquired by Larimer County in 2022 and is located at the edge of the Big Thompson Canyon. It provides a critical landscape connection between other conserved lands within Larimer County's high-priority Blue Mountain Conservation Area.

In 2022, LCDNR purchased the Canyon Edge Open Space, formerly known as Heaven's Door Ranch. With the help of the cities of Fort Collins and Loveland and a retroactive \$1.5 million grant from Great Outdoors Colorado (GOCO), the county was able to purchase the property for \$9 million.

The first public tour happened in September with more tours to follow in October and November. The tours are open to any community member who would like to see the land up close and learn more about this unique open

space. Registration is free, but space is limited to 20 people per tour. To ensure more people can participate, attendees are asked to join only one tour.

Tour participants will get an in-depth look at this 1,547-acre property that once served as a private ranch. A 1.5 hour walk along an existing road will include discussion of the property's natural resource features and values, and the steps LCDNR is taking to restore the land.

Currently, LCDNR is in the process of removing remnant fencing and restoring native plant communities. Moving forward,

LCDNR will look towards developing a management plan and in the longer-term nature-based public use and associated facilities, such as parking, restrooms, picnic sites and trails.

Registration for public tours is now live. Members of the public can register for a date on LCDNR's public calendar: <https://offer.larimer.org/calendar>. More tours are scheduled on Saturday, Oct. 12: 10-11:30 a.m. and Saturday, Nov. 9: 10-11:30 a.m. Those who cannot attend this fall's tours will have more opportunities in 2025 and beyond.



A Humorous Nobel Prize

There's the Nobel Prize and then there is the Ig Nobel Prize. The Nobel Prize honors "discoveries that have conferred the greatest benefit to humankind." The Ig Nobel Prize was created in 1991 by Marc Abrahams, edi-

tor and co-founder of the Annals of Improbable Research, to make "people laugh and then think." Among this year's prize winners was a Japanese research team that discovered mammals can breathe through their butts.

This year's Ig Nobel Peace Prize was awarded to the late Harvard psychologist, B.F. Skinner, for his research into whether pigeons in missiles were able to guide their flights.

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

DEADLINE

10th of the Preceding Month

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

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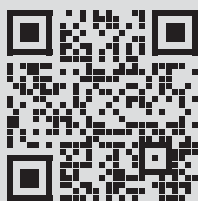
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Brad Hoopes

“To honor our veterans who’ve been touched by war with a comforting and healing quilt.” is the mission statement of Quilts of Valor. When asked why it is important to her to make these quilts, the head of the NoCo chapter, Alycia Carmin, said it is seeing the comfort these quilts bring to our veterans. She can also feel the powerful aura of the quilts. “Each time I wrap one around their shoulders, I can feel the relaxation and comfort they bring”, she said.

Alycia’s path to quilting began when her dad was a first responder on 911, followed by our invasion of Iraq in which family and friends headed overseas. Both prompted her to help start Quilts of Valor. She figures she has made over 500 quilts herself and the local chapter of 50 quilters has astonishingly made over 13,000. Each quilt can take up to

Veterans Echoes

Wrapping Our Veterans In Comfort

six months to make and cost about \$200-300 each.

Those statistics mean nothing to Alycia though. Once again to her it is all about what it does to the veteran. She says what stands out most to her is that veterans feel these quilts are just as important as the medals and awards they received for their service. Often times the quilts are even more important because they come from the people who our veterans had protected, and it proves

that we still think about them and they’re not alone.

If you would like to learn more, make a donation, or nominate a veteran for a quilt, contact alyciac@quiltygirl.com or visit: www.qovf.org

Brad Hoopes has a passionate project of preserving the stories of our veterans. You can view these stories by visiting: youtube.com/@rememberandhonor-stories



33 Years of Service Providing Information for the 50+ Community

Can you hear me now?

Motivational Quote: “Blindness separates us from things, but deafness separates us from people.” – Helen Keller

While life’s ups and downs affect us all, we should be acutely sensitive to how hearing challenges contribute to social isolation and daily moods. Do you or any loved ones feel negatively impacted in chronic ways?



Susan Baker

While hearing loss relates to many medical conditions and often by extension, physical health, it may also influence mental or psychosocial well-being. When communication ability is optimal, daily conversations flow naturally, interpersonal activities engage, and self-confidence is bolstered. Sharing meals with friends is joyful, favorite hobbies pleasurable and socialization empowered. When precious sounds are clearly understood, we are happy to hear.

In stark contrast, limited hearing acuity and ability to understand can trigger loneliness. Normal discussions become difficult and formerly fun group interactions are frustrating instead of fulfilling. In these ways, hearing loss may prompt mentally unhealthy chain reactions.

Research from a cross-sectional study included 25 665 U.S individuals aged 18 years and older indicates:

(HL = Hearing Loss) – Reference Bigelow et. al

“In a large nationally representative sample of US adults, we observed an association between greater self-reported HL and increased odds of psychological distress. Compared with those with no HL, individuals with moderate or greater HL had approximately 2-fold greater odds of reporting psychological distress and using antidepressant or anti-anxiety medications and approximately 1.5-fold greater odds of seeking mental health care in the past 12 months.”

By getting your hearing tested regularly and ensuring personalized solutions are properly fit, your listening acuity will be optimal. Precious sounds matter and experiencing them to your full potential may improve mental well-being and social vitality. In close consultation with your medical and social support network, we recognize that as healthy decisions may add years to your life, the joy of hearing will add life to your years.

Susan has been helping people with hearing loss and Tinnitus for the past 24 years. Please call (970) 221-5249 for your personal evaluation and consultation.

Better Hearing is Better Healthcare and... IT'S NOT SCARY!

May we ask...

• Do you avoid social situations which may be challenging to participate in?

Hearing Better is Sweet and Just Like Family is How We Treat

With professional tests, you will rediscover how to hear your best. Our trusted experts provide quality care and make you feel at home.

Schedule your personalized consultation and ask us about getting a complimentary accessory as a special treat. (\$349 value) That's nothing to snicker at!

Please call (970) 221-5249

Susan D Baker, BC-HIS
Board Certified Hearing Instrument Specialist

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Advanced Hearing Services
Bringing the best of Natural Hearing back to Everyday Life

Join Us!

Elderhaus' 8th Annual Rhinestone Cowboy Gala

Sunday, October 20

4-8 pm at Ellis Ranch

Purchase tickets here
or call 970.221.0406



Elderhaus Adult Day Program is the only non-profit entity in Northern Colorado providing engaging day time care to adults with dementia and other disabilities and respite for their caregivers.

Medicare Monday



2025 Medicare Changes

October 28, 2024

1:30 pm

Grace Pointe CCR - 1919 68th Av, Greeley

Beneficiaries learn about the 2025 premium increases, deductibles and new drug benefits

New to Medicare

If you are just becoming eligible for Medicare, join one of these sessions for help with enrollment.

October 14
6:00 pm (virtual)

November 18
6:00 pm (virtual)

Wednesday Lunch & Learn

Get more information and knowledge about Medicare benefits. All sessions are from 12:00 pm to 1:00 pm (virtual)

October 16
2025 Medicare Prescription Drug Coverage

October 23
Medicare Supplements and Medicare Advantage - What Is the Difference

October 30
The Television Commercials, Direct Mail and New Marketing Guidelines

November 6
Medicare Broker Commissions and How That May Affects Beneficiaries

November 13
New Eligibility Requirements to Help with Medicare Part B and D Costs

Information—303-333-3482

Zoom Registration:

www.senioranswers.org

5 Brain Healthy Habits for Healthy Aging

Five brain healthy habits to promote healthy aging and reduce the risk of developing dementia.

“Building good habits, even incrementally, goes a long way towards promoting healthy aging and good brain health,” said Dr. Allison B. Reiss, a member of AFA’s Medical, Scientific, and Memory Screening Advisory Board. “Taking a few simple steps, in ways that work for you, will make a positive difference, and healthy aging month is a great time to start.”

AFA encourages individuals to take the following five brain health

Get out of the house. Do not sit in front of the TV or computer all day. Get some fresh air and enjoy time

Vitamin D is important for the brain. People whose levels are low are more likely to develop Alzheimer’s and other forms of dementia. Although sunlight is the most common source of vitamin D, many people avoid sun exposure. Even though milk is fortified with vitamin D, a lot of yogurt brands are not, so check labels. Mushrooms are also an excellent source of natural vitamin D and a good dietary option, especially for someone who is vegan.

Avoid empty calories. If you

crave sweets, make sure there is at least some nutritional value and some component that is filling and satiating, rather than just eating candy or junk food. Good examples are strawberries or banana slices dipped in chocolate (at least you get some fruit), a peanut butter and chocolate combo, a mix of nuts and chocolate, and a brownie recipe made with beans or zucchini.

Avoid head injury. Traumatic brain injury increases the risk of developing dementia and is a big problem that can be averted with care, helmets and other headgear, seatbelts and measures to prevent falls. If you do sustain a concussion, follow all protocols outlined by your health care provider and take every precaution to steer clear of another one.

Keep in touch with friends and family. Nurture relationships. These connections enrich your life and keep you thinking. Combat loneliness with a support network.

Individuals wishing to learn more about healthy aging and promoting good brain health can contact the Alzheimer’s Foundation of America’s Helpline at 866-232-8484 or visit AFA’s website, www.alzfdn.org.



Fort Collins

ASPENS

A MEMORY CARE COMMUNITY



Now **this** is living ... senior living!

Aspens at Fort Collins Memory Care provides residents a supportive lifestyle for memory loss that is coupled with exceptional, personalized care. Our community provides each of our residents with tailored, award-winning social programs so they can live their lives with vibrancy and dignity.

Call us today to learn more about our signature programs – Vibrant Life®, Generations Memory Care and Elevate® dining.

(970) 372-5838

Ron Stern's Travel Series

Longmont's New Culinary Scene

With a revitalized downtown and a flurry of recent eateries, Longmont has become Colorado's new food mecca. From sweet and savory temptations to flavorful global cuisine to locally inspired eateries, foodies are discovering this city's free-wheeling gastro-nomic delicacies!

The Parkway Food Hall is a new 16,000-square-foot, chef-driven dining center. Here you will find a host of options including Mexican fusion, award-winning barbecue, Japanese street food, and Mediterranean cuisine.

The old Dicken's Opera House has been transformed into a travel-themed restaurant called, The Passenger. Chef Mandoo Seth's motto is "Where flavors take flight" and she serves up flavor-intensive global cuisine like her multi-continent small-plate tapas.



Frank The Butcher Corned Beef Reuben

You can watch small, private planes take off and land just steps from the runway at the Flight Deck Grill at Vance Brand Airport. At the same time enjoy some great fare from their mobile food truck such as tacos, burritos, and sandwiches.

If you've never tried a donut made with potato flour, Landline Doughnuts offers some amazing combinations like key lime, brown butter, and triple berry. The place is wildly popular as the taste and texture is unlike any other donuts you might have had.



Landline Doughnuts

Savor some Latin flavors at Rosario's Peruvian Restaurant. This family-owned eatery "blends the traditional Peruvian cuisine with classic American favorites."

With dishes like ceviche and arroz con pollo, you might have a hard time choosing your entree.

Owned by Arturo and Elia Silva, the name "Marcos Hot Dogs and Tacos" may not seem to go together but do they ever! Lines form early as their staff quickly prepares this "street food" with a dizzying array of showmanship. Start with their standard Sonoran-style "hot dog" wrapped in bacon and adorned with pinto beans, onions, tomatoes, mustard, mayonnaise and cheese. Their handmade tacos are equally tasty!



Marcos Tacos

Make a day of it and try some of Longmont's tastiest cuisine. You can discover these and more on the Visit Longmont website.

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



The Passenger Tapas

You can quench your thirst at Dry Land Distillers in their beautifully designed tasting room to enjoy some afternoon cocktails and small bites. Partnering with regenerative growers, they produce Antero Wheat Whiskey, Native Colorado Gin and special releases from heirloom grains.



Dry Land Distillers

A large, colorful building houses the Cheese Importers carrying 350 different varieties of cheese from 15-20 countries. Everything you can imagine is here, including international butters, pasta, and a host of condiments.

Sweet Cow is a neighborhood ice cream shop featuring premium ingredients, friendly "scoopers," and generous portions. I regularly make the drive from Fort Collins and bring a couple of quarts back home.

The name says it all. Serving Longmont since 1980, Your Butcher Frank is as popular as ever. Large display cases are filled with all sorts of lovely USDA Choice steaks as well as a host of sausages, chicken, pork and BBQ beef. They also prepare a delicious corned beef Reuben sandwich!

SAVE THE DATE!



Weld Senior SYMPOSIUM

Navigating Legal Issues & Area Resources

This is an **IN-PERSON** Event
Wednesday, October 2, 2024

Island Grove
425 N 15th Avenue • Greeley, CO 80631

For more information:
Please Call (970) 400-6950 • www.weldseniorsymposium.org



2024 SPEAKERS AND TOPICS:

Amy Heath • Ensign - Adaptive Devices for Low Vision

Angela Zigelhofer • Dementia Care Panel - Montessori

Cyndy Luzinski • Dementia Care Panel - SPECIAL

Wendy Abbott • Dementia Care Panel - Alzheimer's Association

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

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

Kathryn Hall • Housing Rights

North Ridge - Senior Retirement Counselor

Alan Heileman • Medicare Changes - Aspen Club

Tammy Brannen, LCSW - Living and Aging with Intention

Larimer County Office on Aging

Residents' Rights Month

October is National Long-Term Care Residents' Rights Month, a time to acknowledge and call attention to the rights of residents in long-term care communities.

The Nursing Home Reform Law, passed in 1987, guarantees residents individualized care, respect, dignity, the right to visitation, the right to privacy, the right to complain, and the right to make independent choices. Residents' Rights Month raises awareness about these rights and pays tribute to the contributions of long-term care community residents.

This year's Residents' Rights Month theme, The Power of My Voice, emphasizes self-empowerment and recognizes the power of residents being vocal about their interests, personal growth, and right to live full, enriching lives. Residents' voices are the most important at the decision-making table - their stories deserve to be told!

The National Long-Term Care Ombudsman Program has worked for nearly 50 years to promote residents' rights. More than 5,900 volunteers and 1,300 paid staff are advocates for residents in all



Amber Franzel

50 states. Authorized under the Older Americans Act and administered by the Administration on Aging, the program also provides information on how to find a facility, conducts community education sessions, and supports residents, their families, and the public with one-on-one consultation regarding long-term care.

Locally, we also recognize the Larimer County Ombudsman program staff and volunteers, who serve over 3,000 beds in 50 care communities across the county, working daily to promote residents' rights, assist residents with complaints, and provide information to those who need to find a long-term care community. If you or someone you love needs advocacy or information regarding resident rights, quality of life, or quality of care, reach out to the Ombudsman program at 970-498-7754 or email ombudsman@larimer.org.

For more information on Residents' Rights Month, visit theconsumersvoice.org.

We Care

Pets Are Family Animal Emergency Preparedness

Emergencies come in many forms, and they may require a brief absence or permanent evacuation from your home. In an emergency, your pet(s) will rely on you to stay safe, and the best thing you can do for them is to be prepared. Visit nocohumane.org/disaster-preparedness



Judy Calhoun

your local animal shelter to see if they have this availability as well.

Develop a Buddy System: Coordinate with neighbors, friends, or family members to ensure your pets will be taken care of in case you are unable to.

License and Microchip

Your Pet: Pet licenses are not only the law, they are your pet's fastest ticket home should they become lost. Microchipping is an important safeguard to increase the likelihood your pet is returned to you if they become lost.

The sooner you can respond to an emergency the better. Stay attuned to disasters that are likely to affect your region - that way you are not caught off guard. Also, consult with your veterinarian on how to best meet your pet's species-specific needs in times of chaos and stress.

Learn more at nocohumane.org.

P	R	E	P	W	A	I	S	T	T	A	U	T
L	A	V	A	A	N	I	M	A	O	L	L	A
I	C	E	S	R	O	W	E	L	G	A	N	G
C	E	N	T	E	N	N	I	A	L	E	R	A
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I	N	T	I	O	R	I	E	L	W	E	A	L
D	O	O	R	S	T	A	L	L	A	S	K	S

Find Einstein



Can you find the hidden Einstein in this paper?

Technology is Hip!

SpaceX Plans to Send Starship to Mars by 2026



Bob Larson

SpaceX founder Elon Musk plans to send his first unmanned spaceship to Mars by 2026 followed by a manned spaceship in 2028.

"Flight rates will grow increasingly from there, with the goal of building a self-sustaining city in about 20 years. In terms of planetary travel, the timing is logical as the Earth and Mars align favorably for travel between them every 26 months. The next window for the 259-day journey in 2026 and 2028 is also a favorable year."

The first flights will be unmanned to test the reliability of landing a spaceship on Mars. If those landings are successful, then the first manned flights to Mars will be in four years. Sound unbelievable?

As for technology, Starship has been making considerable progress in the past year, with a fifth test flight slated for the near future. If all goes to plan, both stages of Starship will be able to return to their launch site where they will be retrieved and can quickly be refurbished for the next flight.

Musk is now test flying the largest, most powerful rocket in history and plans to fly it like regular flights similar to an airliner. When he starts talking about going to Mars, he gets a bit more publicity than back in 2014 when he promised to land humans inside a decade.

This is just the beginning of long-distance spaceship travel. I wonder when he will be able to move from rocket power to much faster technology to reduce the time travel to Mars and other planets? This is another example of technology benefits for our human race!

"The first flights will be unmanned to test the reliability of landing intact on Mars," he added. "If those landings go well, then the first manned flights to Mars will be in 4 years."

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



Veterans Plaza of Northern Colorado

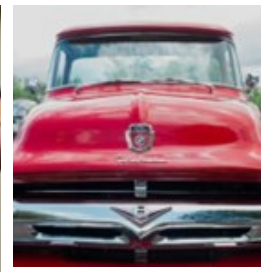
Rally at the Goat Car Show

October 12: 10 am to 2 pm

at Gilded Goat Brewery

3500 South College Avenue #194

in Fort Collins



Join us for the coolest free car event in town at Gilded Goat Brewing Company! See the great restoration in these cars and trucks at this epic gathering of car & truck enthusiasts, whether you're a gearhead or just love checking out awesome rides! This in-person event is a must see event! Join us for beer, music, and food in the brewery. Proceeds benefit the Veterans Plaza of Northern Colorado!

Ageism Matters

Age-Inclusivity Year 'Round



Kris & Sara

October 9 is Ageism Awareness Day in the US, led by the American Society on Aging, but this is just a start. Let's be age-inclusive every day.

feel less valuable because of your age, stop and dig deeper.

Give up generational stereotypes

There are lots of good reasons. Multigenerational workplaces have competitive advantages. Intergenerational relationships improve wellbeing for everyone, whether in an office or a neighborhood. Studies show that people with more positive attitudes about aging live longer and healthier.

There are so many age-based stereotypes. When people say Boomer or Millennial, do you have positive thoughts?

So, let keep working to change the narrative about age. Some ways to start:

But, we have more in common across ages that we have differences. And, every individual is a product of all their life experiences, not just age - education, culture, gender and much more.

Check your own stories

Sometimes, ageism is obvious, like workplace age discrimination. It can be less obvious, though, like when it's part of our unexamined beliefs about ourselves.

Age stereotypes create unnecessary conflict. Instead, try keeping an open mind so we can work together to tackle the important things that impact us all.

Get involved

What does internalized ageism look like? It could be when we dismiss something because "I'm too old." It happens when we feel less valuable because of wrinkles or graying hair.

Whatever you do, do something. It could start with reconsidering a belief. Maybe that leads to more. Every effort adds up. We can all change the narrative one new story at a time.

Changing the Narrative, www.ChangingtheNarrativeCO.org, is a national initiative to change the way we think, talk and act about aging and ageism.

We Care

This is subconscious, so, it takes some work to see it. Next time you



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Colorado Gerontological Society

New Part D Changes for Medicare Beneficiaries

Start in January 1.



Eileen Doherty

There is good news for Medi-
care beneficia-
ries who take
a lot of pre-
scription drugs.
Starting Janu-
ary 1, 2025, af-
ter beneficiaries
pay the Part D
deductible, the maximum out-of-
pocket expense is \$2000. Con-
gress's goal is to limit prescription
drug costs.

To help beneficiaries more,
Congress passed legislation to
help with the hardship individu-
als experience when the full \$2000
deductible must be paid before
other prescriptions can be filled.
Starting in 2025, beneficiaries can
reduce the burden of paying the
deductible by choosing a monthly
payment plan.

While Medicare has released
limited information on the 2025
Medicare Part A and B deduct-
ibles, Part B premiums, and Part
A co-pays, financial analysts are
expecting significant increases.

Starting October 14, 2024,
in-person programs on the 2025
Medicare Changes are scheduled
in Fort Collins, Alamosa, North-
glenn, Montrose, Greeley, Denver,
Glenwood Springs, Aurora, Grand

Junction, Littleton, and Centen-
nial. At most locations, benefi-
ciaries can visit health insurance
representatives and learn more
about different plans. Sessions are
weekly through December 2. Two
virtual sessions are also scheduled.

For those who are New to Medi-
care, two virtual sessions will focus
on enrollment periods, enrollment
procedures, and avoiding penalties
if employed.

For an in-depth look at selected
topics join our Wednesday Lunch
& Learn series. Topics are Part D
changes, the difference between
Medicare supplements and advan-
tage plans, and television and di-
rect mail marketing. Fraud chang-
es in broker commissions and how
that will affect sales tactics, and
eligibility for financial assistance
to help with premiums and costs
of Medicare Part B and D are also
scheduled.

To schedule individual counsel-
ing and enrollment support, call
303-333-3482.

Visit [https://www.senioran-
swers.org/events/medicare-mon-
day/](https://www.senioranswers.org/events/medicare-monday/) for location and registra-
tion details. RSVPs suggested.

*Eileen Doherty, MS is the Execu-
tive Director of the Colorado Geron-
tological Society.*

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Get the Facts on Healthy Aging!

Nearly 58 million Americans are 65 and older, with projections estimating that the population of older adults will grow to 88.8 million in 2060. On average, a 65-year-old can expect to live another 18.9 years.

For most of us, good health ensures independence, security, and productivity as we age. Yet millions of older adults are living with such challenges as chronic diseases, falls, physical inactivity, oral health concerns, and behavioral health issues, all of which can severely impact quality of life.

Chronic Diseases: Older adults are disproportionately affected by chronic conditions, such as diabetes, arthritis, and heart disease. Nearly 95% have at least one chronic condition, and nearly 80% of have two or more.

The leading causes of death among older adults in the U.S. are heart disease, cancer, COVID-19, stroke, chronic lower respiratory diseases, Alzheimer's disease, and diabetes.

Chronic diseases can limit a person's ability to perform daily activities, cause them to lose their independence, and result in the need for institutional care, in-home caregivers, or other long-term services and supports.

It is estimated that 27% of the U.S. adult population has multiple chronic conditions, which cost the American health care system over \$1 trillion each year. Yet less than 3% of U.S. health care dollars is spent on prevention to improve overall health.

Falls: One out of four older adults fall each year. 3 million adults 65+ are treated in emergency departments for unintentional fall injuries each year. As a result of falls, every 11 seconds, an older adult is treated in the emergency room; every 19 minutes, an older adult dies.

Falls are the leading cause of fatal and nonfatal injuries among older adults, causing hip fractures, head trauma, and death. Older adults are hospitalized for fall-related injuries five times more often than for injuries from other causes. The nation spends \$50 billion a year treating older adults for the effects of falls, 75% of which is paid for by Medicare and Medicaid. If falls rates are not reduced, direct treatment costs are projected to reach \$101 billion by 2030.

The death rate from older adult falls is increasing; the age-adjusted death rate rose from 55.3 per 100,000 older adults in 2012 to 78.0 per 100,000 older adults in 2021.

Fear of falling can lead older adults to limit their activities, which can result in more falls, further physical decline, depression,

and social isolation.

Physical Exercise: Regular exercise can help older adults stay independent and prevent many health problems that come with age. According to the 2018 Physical Activity Guidelines for Americans, older adults should do two types of physical activities each week to improve their health with aerobic and muscle-strengthening.

These guidelines recommend that older adults engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic activity a week and muscle strengthening activities on two or more days a week. In 2019 only 23.1% of adults age 65+ met the physical activity guidelines outlined above.

Oral Health: Oral health is important for overall health and well-being, but in 2022, 36.3% of older adults had not seen a dentist in the last year. Older adults with diabetes, heart disease, and in poor health were less likely to have had a dental visit in the past year.

About 13.2% of older adults have complete tooth loss. One in five adults age 65+ has untreated dental caries (cavities). Poor oral health can negatively impact nutrition and proper management of chronic conditions.

Behavioral Health: One in four older adults experiences a behavioral health problem such as depression, anxiety, or substance abuse. These problems can complicate the treatment of other medical conditions, reduce quality of life, increase use of health care services, and lead to premature death.

People aged 85+ have the highest rates of suicide compared to any other age group. Men die by suicide four times more often than women.

Deaths caused by excessive alcohol use are on the rise; in 2020, over 11,000 adults age 65+ died from alcohol-induced causes.

Depression and other behavioral health problems are not a normal part of aging and can be treated. Despite the availability of effective interventions, 66% of older adults are not receiving the care they need.

Infectious Disease Prevention: As of August 2024, 76.3% of all deaths from COVID-19 were among those age 65+, and 70-85% of seasonal flu-related deaths occur in adults age 65+, according to the U.S. Centers for Disease Control and Prevention. While lifesaving vaccines are available, research shows COVID vaccine uptake has slowed among older adults.

New research shows that older adults may be at a higher risk of Long COVID, a post-COVID condition in which virus symp-

toms persist, return, or develop. According to the National Institutes of Health (NIH), possible risk factors include older age and pre-existing health conditions.

NCOA's Role

The National Council on Aging's (NCOA) Center for Healthy Aging supports the expansion and sustainability of evidence-based health promotion programs in the community through collaboration with national, state, and community partners to help older adults live healthier lives. The Center houses three National Resource Centers funded by the U.S. Administration for Community Living's Administration on Aging.

Chronic Disease Management: NCOA's National Chronic Disease Self-Management Education Resource Center provides leadership, technical assistance, and resources to support state and community-based partners in expanding and sustaining evidence-based programs, including the suite of Chronic Disease Self-Management Education Programs, originally developed by Stanford University. These programs, which are available in the community and online, help older adults better manage their chronic conditions and improve their quality of life.

Falls Prevention Education: NCOA's National Falls Prevention Resource Center serves as a national clearinghouse for information on falls prevention and supports the implementation and sustainability of evidence-based Falls Prevention Programs. The Falls Free® Initiative, a national effort, includes State Coalitions and the 2015 Falls Free® National Action Plan to reduce falls and fall-related injuries among older adults.

Modernizing Senior Centers Resource Center: The Modernizing Senior Centers Resource Center helps senior centers address their challenges and amplify their successes as they strive to meet the ever-changing needs of older adults. The overarching goal of the new Resource Center is to ensure that senior centers have the capacity, tools, and resources necessary to develop and implement programs and services that meet the current and future needs of diverse older adults.

Other Education Initiatives: NCOA promotes physical activity, behavioral health, and other evidence-based programs. In partnership with the National Consumers League, NCOA has created a National Obesity Bill of Rights to define quality obesity care as the right of all adults and to drive systems change. NCOA implements the Aging Mastery Program®, an

in-person and online education and behavior change incentive program to help older adults age well. COVID-19 and Influenza Vaccine Uptake Initiative: NCOA received a \$50 million grant from the U.S. Administration for Community Living to implement a nationwide campaign to ensure older adults and people with disabilities get the latest COVID and flu vaccines. Article courtesy of National Council on Aging.

CDC Advises Older Americans Need RSV Vaccine!

If you are 75 or older, or 60 to 74 with chronic health problems such as heart or lung disease, the Centers for Disease Control and Prevention (CDC) says you should get an RSV vaccine by early fall.

This is a change from last year, when the CDC was less urgent about the vaccine before RSV season and only advised people 60 and older to ask their doctor whether the vaccine for RSV (respiratory syncytial virus) was right for them.

For most people, RSV typically causes cold-like symptoms. In young children and older adults, however, an infection can be dangerous, even deadly. Adults with chronic heart or lung disease and those with weakened immune systems are also at high risk for complications from an infection.

The virus can cause pneumonia and worsen conditions such as asthma and chronic obstructive pulmonary disease.

The CDC estimates that RSV sends as many as 160,000 older Americans to the hospital annually and as many as 10,000 older adults die each year from an RSV infection. By comparison, during the 2021-2022 flu season, 52,872 adults 65 and older were hospitalized with influenza, and 4,115 died. Article courtesy of AARP.

Love That Cat

Sumatran tigers found on the Indonesian island of Sumatra are Critically Endangered; it's estimated that less than 600 of them can be found in the wild. Thus, the birth of a baby Sumatran tiger cub at the San Diego Zoo Safari Park is big news. Park officials say, "the birth adds incredibly important genes into the pool of the population, furthering the genetic diversity and health of the Sumatran tiger species." The zoo says the baby and its Mom are doing well, providing hope for the future of these threatened felines.

Larimer Election Candidates Forum on October 10

The Partnership for Age Friendly Communities in Larimer County is again hosting a Candidate Forum. You are invited to attend this complimentary event at the Twinberry Auditorium in the Fort Collins Senior Center on Thursday October 10th from 2-4:30 pm. This Forum is made possible by the financial support of AARP Colorado.

The Forum's purpose is for you to hear directly from the candidates running for Colorado State Senate and House of Representatives as well as Larimer County Commissioners. The candidates will answer questions on issues relevant to older adults in our community and their families, friends and others who care about them and for them.

Most recent census data shows that 23.8% of Larimer County residents are age 60 and over. By 2030 it is expected that Larimer County citizens over the age of 60 will increase by approx. 17% to a total of 101,000. Even more startling is the

rate of growth of adults over the age of 75, which is projected to see a 64% increase to almost 40,000 people. These rapidly increasing demographics are issues that need to be addressed by candidates who will be representing Larimer county's residents.

Take this opportunity to learn more about the candidates and where they stand on issues that impact the health and wellness of older adults in our community in a live event format. Registration details can be found at www.pafclarimer.org or by calling (970) 310-4900.

Partners presenting the Candidate Forum are the Partnership for Age-Friendly Communities in Larimer County, Columbine Health Systems Center for Healthy Aging at Colorado State University, and the Center for Public Deliberation at Colorado State University. This forum is made possible by the financial support of AARP Colorado.

33 Years of Service Providing Information for the 50+ Community

Fort Collins Transformer Cabinet Mural Project Names 2024 Artists

The City of Fort Collins Transformer Cabinet Mural Project was started in 2004 as a collaboration between the City of Fort Collins Art in Public Places (APP) Program and Utilities Light and Power. Serving as a graffiti abatement program, the murals help lower maintenance costs while adding bright colorful art in unexpected places. The program also helps keep the investment local by utilizing local artists and non-profit groups to paint the cabinets.

This year, local artist Terry McNerney has painted the program's 400th cabinet mural. This is McNerney's fifth cabinet mural to date and his design celebrates the Program's milestone with whimsical characters in a colorful, birth-

day party atmosphere. Terry painted the cabinet at 3754 Landings Drive. Please stop by and see this new mural!

The project brings original artwork by local artists to the City and it has been replicated in many cities across the state and country. The program has completed 418 Transformer Cabinet Murals to date.

These 13 artists will paint 18 utility transformer cabinets this year as part of the 2024 Transformer Cabinet Mural Project: Kaley Alie, Chris Bates, Ren Burke, CM Canino, Chelsea Ermer, Chelsea Gilmore, Terry McNerney, Noelle Miller, Dominique Montano, Joe Myers, Larry Tucci, Aerica Raven Van Dorn, and Gale Whitman.



Terry McNerney's 400th Transformer Cabinet Mural

Reflections

Finding A Favorite

How fortunate we are to live in an area with seasons! We may ask or comment about a favorite.

Seeing the beautiful turn of aspen leaves may move fall to the top of our favorite season list. We read about special area drives to see the best splay of autumn colors. Or, we may hear about these locations during our news programs.

Those from the East Coast or Midwest may comment that Colorado's colors pale in comparison to those in their locales. Our trees give us golds but not the deep reds found elsewhere.

Not long from now, local newspapers will hold contests for those interested in guessing the date of the first snowfall. Enter winter, at some point, perhaps a favorite season for some. The beauty of our blue skies against the white backdrop of our mountains elicits a sense of gratification for this time. For those for whom winter lands at the bottom of the seasonal list, waiting through the cold, snowy times may seem to take forever.

In Colorado, we don't have to look at our calendars to know when spring arrives. Making it through the sometime muddy



Martha Coffin Evans

days getting there, soon flowers begin to bloom. Springtime in the Rockies for me conjures up images of lilacs complete with their wonderful fragrance.

During some years with cool, wet spring, it may seem summer will never arrive. When it does, often the temperatures shoot up leaving us wishing for cooler days. We know Colorado gives us cool evenings and, if history holds, gentle rainstorms mid-afternoon. "Gentle" here might include hail, much to our distress and that of our flowers and vegetable plants.

No doubt we all have a favorite season or two, perhaps chosen based on Mother Nature's gifts or our activities. If fall isn't your favorite, wait a little. Another will come soon. Winter, anyone?

Martha (Marty) Coffin Evans, ED.D, freelance writer with MACE Associates LLC, can be reached at itsmemartee@aol.com or www.marty-coffinevans.com.

WE ARE LOCAL!

Genealogy Rocks!



Carol Darrow

I have a shirt-tail relative, the daughter of my second great-grandfather. Her name was (always) Elizabeth Jane Filmer Cooke.

Even after her marriage, she signed her letters E J F Worthy. As a researcher, I spent an enormous amount of time searching for the Filmer family connection, a maiden name, an admired neighbor, anything?

Elizabeth Jane Filmer Cooke had family roots that were Southern, going back to Georgia and North Carolina. She was born in Cherokee County, Alabama, in November 1850. 1850 was not an election year. That would not come until 1852. But there was a new president – Millard Fillmore – who succeeded Zachary Taylor after his death on July 9, 1850. Fillmore has supported the Compromise of 1850 which included laws favorable to slave holders.

We have all seen people in the census named George Washington Wilson or Benjamin Franklin Rogers. People often selected names from the Bible, from Greek and Roman history or from American history to distinguish their

children and honor their heroes.

Biblical names may be confusing. We might know Ezekiel or Moses or Hezekiah but may not know minor Biblical men such as Abisha or Jabez or Shem. Greek and Roman names frequently used include Ulysses, Odysseus and Hector – often misspelled. Search Google for the origins of such unfamiliar names.

There are many A. J. 's, honoring Andrew Jackson. Southerners often named sons Pinkney to honor Charles Pinckney, signer of the U.S. Constitution and governor of South Carolina. If you encounter Lorenzo Dow Morgan, you may surmise that the naming family followed the Methodist evangelist, Lorenzo Dow.

After much research, I am convinced that Elizabeth Jane Filmer Cooke was named to honor the Whig president of 1850, Millard Fillmore.

Join Carol Darrow in the Colorado Genealogical Society's Beginning Genealogy class. It's on the second Saturday of each month from 10 am – noon and free on Zoom. Register at cogensoc.us to get the link to attend.

We Care

Social Security Today

Combating Elder Abuse

Are you eligible for Social Security retirement benefits or already receiving them? Did you know that you can also receive healthy meals and other nutrition services through the national Senior Nutrition Program? Local meal programs in communities across the country are waiting to serve you.

As we age, we have different needs, different ways we take care of our health, and different nutrients we need to get from our food. But we don't always have enough healthy food or the desire to prepare or eat a meal. Whether you need more food, healthier food, someone to share a meal with, or better eating habits, a meal program can help.

Every day, senior nutrition programs serve almost 1 million meals to people age 60 and older. With home delivery and group meal options, you can get the food you need in a way that works best for you. They can help you avoid missing meals – and save you time and money with less shopping and cooking.

Local programs serve more than food. They also:

- Offer opportunities to connect and socialize. This

improves both your mental and physical health.

- Teach you how to create a healthy eating plan. You can learn about healthy food recommendations based on your age, needs, and preferences.

- Connect you with other resources like homemaker services and transportation to help you stay connected and engaged in your community.

It's no surprise that 9 out of 10 participants say they would recommend a senior nutrition program to a friend. We know this service can help create healthy, strong communities where people can thrive. Find a senior nutrition program in your area and help us spread the word to your loved ones, neighbors, and community. For more information on resources for older adults, please visit eldercare.acl.gov/Public/Index.aspx.

To learn more about our retirement benefits, please visit www.ssa.gov/retirement.

The Senior Nutrition Program is administered by the Administration for Community Living, part of the U.S. Department of Health and Human Services.

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Elder Law Q & A

Can My Spouse's Ex Make Him Give Her Access to His Accounts?



Bill Beyers

Q: My husband is a dementia patient. His ex-wife and son took him to his bank recently to access his bank accounts, without my knowledge. Is

this legal?

A: Probably not, but it's also probably in a gray area. Everyone is entitled to do what they want with their money unless they have been declared incompetent by a court. So, until a guardian or conservator has been appointed for your hus-

band, he can go to a bank and take out his money, with or without the help of others. If you believe this was totally against your husband's wishes or his dementia is at such as state that he cannot make any decisions about his finances, you might report what happened to your local agency that investigates allegations of elder abuse.

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Ready for Open Enrollment? 4 Tips for Choosing the Right Medicare Plan

(StatePoint) With so many Medicare options available, selecting a plan can seem daunting. Medicare is the government health insurance program for Americans 65 and older and others who qualify, providing hospital coverage (Part A) and physician visits (Part B) to beneficiaries. Additionally, there are a variety of options that coordinate with original Medicare, such as Medicare Supplement plans and Prescription Drug Plans, or replace original Medicare with Medicare Advantage (MA) plans combined with Prescription Drug Plans.

During this year's Medicare Annual Enrollment Period (AEP), which takes place between Oct. 15-Dec. 7, 2024, here's what Cigna Healthcare, which serves millions of Medicare customers nationwide, wants you to know:

1. Check for plan changes: If your current plan is working for you, you can likely keep it. However, it's a good idea to review your plan every AEP, especially if you've experienced major life, health or financial changes. Any changes to your current plan will be outlined in your Medicare plan's Annual Notice of Change (ANOC) letter, which you can expect to receive in September.

2. Research your coverage: There are a few key things to watch for when shopping for a plan. One of them is whether your favorite providers and specialists will be in-network. You should also review each plan's formulary – that is, the list of drugs covered under the plan. You'll want to find a plan that will cover your

current medications and any you anticipate your doctor prescribing over the course of the year ahead. Finally, carefully consider your total spend for your prescription drug plan coverage (i.e., premiums plus pharmacy costs) since the maximum out-of-pocket costs for drugs you utilize will be capped at \$2,000 in 2025.

3. Look for value: No matter what the economic outlook is, it's wise to select a plan that provides great value. To that end, you may want to consider an MA plan, which offers quality and affordability. MA plans cover everything original Medicare does, plus more; most also include dental, vision and hearing benefits, prescription drug coverage, and other extras like over-the-counter drugs, transportation to doctor's visits and pharmacies, healthy grocery purchases, and fitness services. MA plans are often available with \$0 premiums, but you'll also want to check on what your annual out-of-pocket costs could be based on your health status.

4. Understand your plan: Before enrolling in a particular plan, make sure you understand its ins and outs. Call Medicare at 1-800-MEDICARE (1-800-633-4227) 24/7; TTY users can call 1-877-486-2048. Or, visit the Medicare Plan Finder website at Medicare.gov/plan-compare. For local assistance, refer to the State Health Insurance Assistance Program at www.shiptacenter.org. You can also contact individual Medicare plans, including Cigna Healthcare at CignaMedicareInformation.com.



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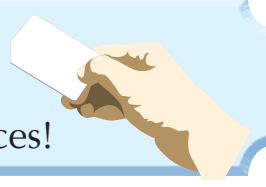
Autumn Art?

Margaret Zeitouny went for a walk with her dog on a trail in Waltham's Cedarwood Park in Massachusetts and stumbled upon a formation of pinecones "in a circle pattern with a repetitive design. Making them is a meditative thing. I don't know if the artist is coming up and checking on it, but I am. I

want to take a picture a day until it's not there anymore. I am not on board with aliens, and definitely not on board with satanic ritual. I appreciate that someone spent a significant amount of time putting it together and put it together on the edge of the trail."

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Facing Challenges Together: Reach Out to Prevent Veteran Suicide

The sobering reality is that many people reading this have had a loved one die by suicide, including Veterans, their families, and their friends. Suicide is a public health challenge that brings immeasurable pain. There is hope, though, because suicide is preventable.

Veteran suicide is an urgent issue that the U.S. Department of Veterans Affairs (VA), along with our stakeholders, partners, and communities, must address.

Suicide is a leading cause of death in the United States and Veterans are at higher risk for suicide compared to the general population. The suicide rate among Veterans in 2021 was 71.8% higher than non-Veteran adults in the U.S., according to the 2023 National Veteran Suicide Prevention Annual Report. These numbers are infinitely more than statistics as they reflect Veterans' lives prematurely ended, which continue to be grieved by survivors, our communities, and the nation.

Suicide is complex. Suicide has no one cause—many events such as trauma, loss of a loved one, divorce or relationship struggles, job loss, substance use, or housing challenges can be risk factors for suicide.

Whether you're a Veteran or have one in your family, it's im-

portant to understand that Veterans face unique challenges. Fear of judgment, difficulties accessing care, misconceptions about support, past trauma, and other concerns can impact when and how Veterans reach out for help.

Strength in Reaching Out!

If you are a Veteran, when was the last time you reached out for help? Veterans were trained to put a mission or others before themselves, which can make it harder to accept or ask for help. Veterans also understand the importance of trust and collaboration during missions. The same applies to challenges—just as you didn't face them alone during your service, you shouldn't as a civilian.

For the Veterans in your life, do they know they can reach out to you? What resources do you want to help connect Veterans to when they need support?

Life has its challenges. Veterans don't have to and should not have to experience them alone.

Tools for Prevention and Resources for Support

At VA, we recognize Suicide Prevention Month each September to raise awareness about Veteran suicide, to provide our communities with tools for prevention, and to empower Veterans to connect with the resources they need.

Here are some resources and support we want all Veterans, and the people who care for and love them, to know are available:

1. Keep your mental health strong! VA has a variety of mental health resources, information, treatment options and more. If a Veteran wants to connect to mental health support, start by contacting your nearest VA medical center or Vet Center (www.vet-center.va.gov).

2. Veterans Crisis Line: If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. Here's how you can connect with a Veterans Crisis Line responder, anytime day or night: 1) Dial 988 and Press 1, or 2) Text 838255, or 3) Start a confidential chat at veteranscrisisline.net/get-help-now/chat, or 4) If you have hearing loss, call TTY: 800-799-4889.

You can also take these actions: 1) Call 911 or 2) Go to the nearest emergency room. Under the COMPACT Act, eligible Veterans in an acute suicidal crisis can go immediately to any VA or non-VA facility to receive emergent care at no cost to them.

3. VA behavioral health provid-

ers and suicide prevention care coordinators at Cheyenne VA Health Care System offer Veterans support when you are struggling or are in a crisis. These responders support Veterans by mobilizing resources, providing counseling, and other services to help Veterans navigate challenges.

Suicide Prevention Coordinator: Shannon Teague, 970-593-3300, ext. 32808, Shannon.Teague@va.gov

Chadel Andresen, 307-778-7550, ext. 17462, Chadel.Andresen@va.gov

4. Stay connected! If you are a Veteran, maybe you're fine. And if you're not fine, it's okay. Reaching out is hard. Do it anyway. Whether you are a Veteran or not, call or text to check on a friend or loved one. Remind them you are there for them simply by saying: "How's everything going? I'm here for you if you want to talk or need help finding support."

5. Educate yourself and be ready: Learn the warning signs of an emotional or mental health crisis, how to support a Veteran at risk for suicide, or how to access mental health and suicide prevention resources. Visit Reach.gov/SPM to find support near you. Just enter your zip code for a range of acute care and outpatient services.

We all have a role to play in preventing suicide among Veterans and we ask everyone to commit to supporting the Veterans in our community. No one is meant to face life's challenges alone, and together, we can make a difference alongside our community's Veterans. We can end Veteran suicide, and by working together, we will. Article courtesy of Sunaina Kumar-Giebel, Director, VA Rocky Mountain Network & Paul Roberts, Medical Center Director, Cheyenne VA Health Care System

Halloween Quotes

Rita Rudner - Halloween was confusing. All my life my parents said, 'Never take candy from strangers.' And then they dressed me up and said, 'Go beg for it.'

Sylvester Stallone - "Halloween is the only time people can become what they want to be without getting fired."

"A Nightmare on Elm Street" "Whatever you do, don't fall asleep. "Hocus Pocus" "But everyone here knows that Halloween was invented by the candy companies. It's a conspiracy." - Max

Unknown - "Trick or treat, bag of sweets, ghosts are walking down the street.

"During the day, I don't believe in ghosts. At night, I'm a little more open-minded." - Unknown

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50 Plus Marketplace News Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13	
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- ACROSS**
- 1 Preparatory school
 - 5 Narrowest part of the torso
 - 10 Tense
 - 14 Molten rock
 - 15 Soul
 - 16 Earthen pot
 - 17 Frozen treats
 - 18 Spur
 - 19 Group or band
 - 20 100th anniversary
 - 22 Period of history
 - 23 Up and about
 - 24 Peasant
 - 26 Pale reddish purple
 - 30 Catarrh
 - 34 Move from side to side

- 37 Link
 - 39 Sea eagle
 - 40 Hawaiian native dance
 - 42 Country residence
 - 44 Speed contest
 - 45 Bedouin
 - 46 Stone splinter
 - 48 Turf
 - 49 Woman in charge of a household
 - 51 Superior of a monastery
 - 53 Class
 - 56 Scapegoat
 - 60 Decay
 - 62 Overstate
 - 66 Game of chance
 - 67 Caravansary
 - 68 Second son of Adam and Eve
 - 69 Monetary unit of Peru
 - 70 Bay window
 - 71 Well-being
 - 72 Entrance
 - 73 Stable compartment
 - 74 Inquires
- DOWN**
- 1 Fold
 - 2 Speed contests
 - 3 Incident
 - 4 Troche
 - 5 Give notice
 - 6 Soon
 - 7 Hawaiian honeycreeper
 - 8 Sully
 - 9 Reckoning
 - 10 Simultaneously
 - 11 Having wings
 - 12 Bone of the forearm
 - 13 Label
 - 21 Ireland
 - 25 Otherwise
 - 27 Monetary unit of Bulgaria
 - 28 Line about which a rotation occurs
 - 29 Guilt
 - 31 Periods of history
 - 32 Remarkable
 - 33 Reward
 - 34 Forcible impact
 - 35 Distinctive quality
 - 36 Delighted
 - 38 Thick slice
 - 41 Slaughterhouse
 - 43 Long-sleeved linen vestment
 - 47 Easy stride
 - 50 Possessive form of me
 - 52 Kiribati
 - 54 Mexican money
 - 55 Put forth
 - 57 Progressive emaciation
 - 58 Meat
 - 59 Shouts
 - 60 City in W Nevada
 - 61 Upon
 - 63 Melody
 - 64 Scottish Celt
 - 65 Respiratory organ of fish
 - 66 Young goat