

50 Plus Marketplace

NEWS



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

August 2024 • Volume 30 • Issue 8

Weld County Honored with C-Stat Distinguished Performance Award

In June, The Weld County Department of Human Services (DHS) was recognized by the state with the 2023 C-Stat Distinguished Performance Award at a celebration.

C-Stat is a performance management tool used by the Colorado Department of Human Services (CDHS) to better focus on and improve performance outcomes that enhance people's lives, according to the CDHS website. Counties that receive the C-Stat Distinguished Performance Award meet over 75% of their C-Stat goals for the year and are "more likely to meet the needs of individuals and families in their community."

Out of 25 Colorado counties that met their C-Stat goals in 2023, Weld County was the only "large" county – defined as a county with a population of over 100,000 residents – that received this recognition. This is the second time Weld

County has been recognized, with the first occurring in 2020.

Directors of each division of DHS were present at the awards celebration to congratulate their staff, many of whom attended, on the achievement. Director of Human Services Jamie Ulrich and Deputy Director of Human Services Tami Grant accepted the award from CDHS representatives, including Deputy Executive Director of Community Partnerships Minna Castillo.

"This award really is to celebrate your resilience, your passion for this work, and the time, talent and energy that you put in every day," said Castillo. "You all went above and beyond. This is a testament to the work you do every day to make sure that you're focused on the needs of your community."

Weld County Commission-

ers Scott James, Perry Buck, Mike Freeman, and Commissioner Chair Kevin Ross were also present to offer their support and congratulations.

"On behalf of my fellow commissioners, we are so pleased to stand

behind you and the amazing work that you do," said James. "I have been so honored to be able to work with Jamie and Tami and everyone on their team as they provide services for the people that need them the most here in Weld County."



Windsor Announces Stephen Garrison as New Chief of Police

The Town of Windsor is pleased to announce Stephen M. Garrison as its next Chief of Police. Garrison, currently a Major with the Orange County, Fla. Sheriff's Office, brings over 36 years of law enforcement experience to the Windsor Police Department, including extensive leadership, management, and administrative experience. In his 33 years with the Orange County Sheriff's Office, Garrison has:

- o Led the Special Operations Division, which includes SWAT, emergency management, Critical Incident Management Team, Narcotics Unit, K-9 Unit and more.
- o Led the Criminal Investigations Division, serving as chief of detectives and overseeing more than 350 investigations personnel.
- o Served as High-Risk Incident Commander, a special appointment responsible for taking command of all aspects of critical incidents, including the 2016 Pulse Nightclub shooting in Orlando, Fla., where he led the department's

response to what was, at the time, the worst active shooter incident in American history.

"The breadth of Maj. Garrison's law enforcement experience is just incredible," said Windsor Town Manager Shane Hale. "As our community and the surrounding region continue to grow, Maj. Garrison's expertise and leadership will be a huge asset for our department."

"I am honored to have been selected as your next Chief of Police and look forward to joining the community," Garrison said via email Monday evening. "I am committed to building trusted relationships with the residents of Windsor, as well as the outstanding officers and professional staff of the police department. Ensuring the safety of the community will always be my top priority."

Hale added: "I'm especially grateful to Cmdr.

Lopez for his steady hand and leadership over the past year as Acting Chief. He has led the department through two officer involved shootings and helped to oversee the construction of our new police station while also being shorthanded. His commitment and dedication to this community does not go unnoticed."

The date at which Garrison will be appointed as Chief is still to be determined, though is expected to come near the end of August. Cmdr. Lopez will continue in his role as Interim Chief of Police until Garrison assumes the position.



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AUGUST Calendar

Thursday/1

Weld County Genealogical Society presents a free program on genealogy research on Zoom at 6:30 pm. Please register to obtain the Zoom access info at email: wccgs.gene@yahoo.com.

Saturday/24

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

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at www.aarp.org to learn more about their online classes.

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

Check individual venues for current information

Calendar sponsored by:
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We Care

Veterans Echoes

Irvin Nelson



Brad Hoopes

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

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

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

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

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

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

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

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



Elder Law Q & A

The Benefits of Giving Gifts to Your Grandchildren in Trust



Will Beyers

There are some serious drawbacks to many options for giving gifts to grandchildren. For instance, there might be no tax or estate planning advantages. Or, you may have no control of the funds (or lose control after a certain point). The money could also affect a grandchild's eligibility for financial aid.

An option that overcomes many of these problems involves transferring money into a trust established to benefit a grandchild. With the help of an attorney, you can draft a trust that reflects your express wishes about when the income and principal will be available to the grandchild, and even how the funds will be spent.

What Are the Benefits of a Trust?

Transferring funds into such a trust offers the following benefits:

1. Although the trust owns the assets, you control them as trustee and can decide what type of investments to make;
2. Income earned by the trust from amounts that you've deposited will not be taxed to you; the

trust pays the taxes;

3. Amounts deposited in trust, and the income earned from those funds, will be used for the benefit of your grandchildren; and

4. You can provide that the trust terminate at any age you specify.

What Are the Potential Restrictions With Trusts?

In order to qualify for these benefits, however, certain restrictions apply. These trusts are complex legal documents and should not be set up without the help of an experienced attorney. As a result, the chief downside of such trusts is the cost of establishing and maintain-

ing them, which you should discuss with an attorney before going ahead with a trust.

Finally, you must be totally comfortable with this gift-planning strategy and the amount of money available to you in your estate. In short, you should only make gifts if you feel certain that the amount of funds remaining in your name and the amount of income they will produce will be adequate for your needs.

To learn more about setting up a trust for your grandchildren, connect with an Estate Planning or Elder Law attorney near you.



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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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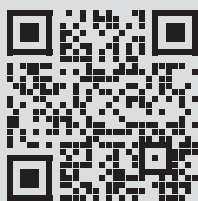
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If you only have a Social Security username, our screens will guide you through the process to transition your account to Login.gov. Login.gov provides enhanced online security, helps protect you from identity theft, and allows you to create an account that can be used across other agencies. It will only take a few minutes to create a new Login.gov account.

How to transition your Social Security username account to Login.gov

To transition your account, please go to www.ssa.gov/myaccount and select 'Sign In'.

On the next page, select 'Sign in with Social Security Username'. After you successfully sign in with your Social Security username and password you will receive a prompt to create an account with Login.gov. You will then be taken to the Login.gov website.

Once you successfully link your Social Security username with your new Login.gov account, you will see a confirmation screen. You can start using your new Login.gov account to access our online services immediately. You will no longer be able to sign in with your personal my Social Security account using your Social Security username. Login.gov has 24/7 customer support through phone and chat at www.login.gov/help to help you set up an account, if needed.

If you're not receiving benefits, you can use your personal my Social Security account to:

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- Get estimates for future benefits.
- Get your Social Security Statement instantly.
- Get proof that you do not receive benefits.
- Check your application

status.

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- Change your address. (Social Security beneficiaries only)
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- Opt out of mailed notices for those available online.

For more information, please read our publication my Social Security: How to Create an Online Account at www.ssa.gov/pubs/EN-05-10540.pdf. Please share this information with your loved ones.



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2024 SPEAKERS AND TOPICS:

Amy Heath • Ensignt - 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

Allen Heileman • Medicare Changes - Aspen Club

Tammy Brannen, LCSW - Living and Aging with Intention

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Weld Area Agency on Aging

Transition Services

The ADRC (Aging and Disability Resources for Colorado) provides Transition Services, a state Medicaid plan service benefit. The primary goal is facilitating the transition of Medicaid clients from nursing and other long-term care (LTC) facilities



Meredith Skoglund

to the community with the support of Transition Coordination Agencies. Services are intended to promote independence, improve the transition process, and support individuals in the community.

There are three main agencies and steps involved in the transition process in Weld County. The ADRC, a unit within the Area Agency on Aging, receives referrals, provides options counseling to clients, and maintains a waiting list of clients anticipating a transition. The next agency is the Transition Coordination Agency (TCA). They receive the notice from the ADRC about a potential transition after Options Counseling has been completed and the TCA will then coordinate the transition process by facilitating team meetings, developing risk mitigation plans, securing housing and community resources, and collaborating on discharge and post discharge monitoring. The final agency is the Case Management Agency. Their role is to qualify individuals for Long-Term Care Medicaid and provide case management services post transition.

Individuals who are eligible for Transition Services must be (1) eligible for Medicaid; (2) reside in a long-term care facility; and (3) express interest in moving back to the community.

If you, or someone you know, would like to refer to Transition Services, please contact the ADRC at (970) 400-6952 or email AAAinfo@weld.gov. The Options Counselor will schedule a time to provide Options Counseling within 10 business days.

**Note: Options Counseling does not necessarily mean that the resident will transition out of the facility.*

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Website: www.lovelandlionsclub.com

The Town of Platteville Welcomes You Warmly

The welcome awaits you at the Fort Vasquez Welcome Center 13412 US HWY 85, Platteville, CO.

ation are on sale. Even Refreshments are available: Fresh Brewed Coffee, Cool bottled Water, and a special treat - Candies made in Colorado. Travelers and Truckers are more than WELCOME!

Once again, the Platteville Welcome Center at Fort Vasquez is conveniently located 7/10th Mile south of Platteville on US Hwy 85. "AN ISLAND IN THE HIGHWAY."

Stop by! Take advantage of the Warm Welcome. Chat with the folks. Enjoy!



Make yourself at home. So much to see...

The Welcome Center is open Wednesday, Saturday & Sunday from 10 AM to 4 PM. At the Welcome Center you will see Platteville Historical Society Displays and be introduced to information about Platteville, Gilcrest & LaSalle businesses. For your reading pleasure, you will find books on the Fur Trade Era. Handcrafted Items from the Platteville Senior Citizens Associ-



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Why Are Times Zones Different Across the USA?



Bob Larson

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

Here's why we have different time zones:

1. **Earth's Rotation:** As the Earth rotates, different regions enter and exit daylight at varying times. To account for this, we divide the world into time zones.
2. **Historical Complexity:** In the past, every US city used its

own local time standard, resulting in over 300 local sun times. Time zones were a compromise, balancing geographic variations while still approximating mean solar time.

3. **Scientific Basis:** Earth completes one full rotation (360 degrees) in approximately 24 hours. Each hour corresponds to about 15 degrees of rotation, forming the basis for assigning time zones.

4. **Economical Reasons:** Farming, manufacturing, and other industries profit from DST with safer and longer daylight hours.

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

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

the past, every US city used its

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Colorado Gerontological Society

Salute to Seniors Brings Back Some Favorites and Lots of New Programming



Eileen Doherty

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

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

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

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

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

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

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

To register for in-person or virtual, visit www.senioranswers.org. For more information, call 1-855-293-6911.

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



Reflections

Putting On Change



Martha Coffin Evans

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

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

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

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

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

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

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

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

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

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

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

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



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Windsor Town Board Appoints Julie Cline as Mayor

In June, the Windsor Town Board unanimously appointed Julie Cline as the new mayor of the Town of Windsor, who was officially sworn-in on Monday, June 17.

The decision comes after the Weld County District Court ruling in the case of James Cosner v. Barry W. Wilson, which nullified the results of April's mayoral election. Cline, who had been serving as the Mayor Pro Tem, steps into the role following the vacancy created by the ruling. The Town Board also selected Ron Steinbach from District 1 to serve as Mayor Pro Tem.

In addition to Cline's swearing in as mayor, the Windsor Town Board also voted to appoint Brian Jones to fill the vacancy for District 2, the seat previously held by Wilson prior to the 2024 election. Jones was also sworn in at the Monday night special meeting.

Cline, a Windsor resident for 13 years, was first appointed to the District 4 seat in 2020 and won election to a full term in 2022. Cline's appointment as mayor continues until the next regular elec-

tion in 2026. Prior to her time on the Town Board, Cline also served on Windsor's Water & Sewer Board.

Article III Sec. 3.7(b) of the Windsor Town Charter requires the Town Board to fill the vacancy of Mayor by appointing one of its existing members by a minimum two-thirds vote. The charter does not have a provision to allow for a special election for mayor. Additionally, the charter requires that the role be filled until the next regular municipal election.

With Cline's appointment as Mayor, the Town Board officially declared a vacancy for her District 4 seat, opting to appoint someone to serve the remaining two years of that term.



Julie Cline

Say you saw it in 50 Plus Marketplace News

Professionals For Seniors Gather at The Bridge

Eight-five professionals recently met at The Bridge at Greeley for their monthly get together. They met to exchange ideas, programs and talk about available products and services they offer to the senior adult community. P4S is a long time established organization designed to help and assist seniors.

The Bridge at Greeley hosted the recent meeting. The management team was on hand to warmly welcome their guests and make their visit comfortable and enjoyable. A breakfast was served which helped to top off the morning gathering. All and all, the gathering was well planned and superbly hosted.



Breakfast and conversation enjoyment before the program starts.



Management Team: (l-r) Suzanne Reed - Sales Director, Alan Bujanda-Rojas - Dining Services Director, Cydney Martin - Lifestyles Services Director, Lana Krauss - Resident Care Director, Amy Jacquay - Executive Director.

Rachel Flynn Appointed Deputy City Manager for the City of Greeley

The City of Greeley is pleased to announce the appointment of Rachel Flynn as the new Deputy City Manager of Intentional Growth and Strategic Infrastructure. With an impressive career spanning over three decades in urban planning, development, and architecture, Flynn brings a wealth of experience and expertise to her new role.



Rachel Flynn

Flynn has an extensive background in public administration and urban development, holding key leadership positions in both the public and private sectors. She most recently served as the deputy county executive for Fairfax County, Virginia, where she oversaw seven departments and played a critical role in strategic planning and development initiatives.

Before her tenure in Fairfax County, Flynn was the director of design management, planning, and entitlements at Google, where she was responsible for the planning and implementation of major development projects. Flynn's career also includes significant roles such as director of the Department of Planning and Building for the

City of Oakland and director of community development for the City of Richmond, Virginia and Lynchburg, Virginia. Prior to her public sector career, Flynn practiced architecture for over 10 years with Cannon Design, a national firm.

Flynn holds a Master of Public Administration from Harvard University, a Master of Science in Engineering Management and a Bachelor of Science in Architecture, both from the Catholic University of America.

"I'm honored to have been appointed as deputy city manager for the City of Greeley," Flynn said. "What attracted me to the city is its authenticity, rich history, natural beauty, growing economy, and excellent staff. I look forward to getting to work with my colleagues, the city council, and the people of Greeley."

"We are thrilled to welcome Rachel Flynn to our team. Her extensive experience and proven leadership in urban planning and development will be invaluable as we continue to grow and enhance the City of Greeley," City Manager Raymond Lee said. "We are confident that Rachel will make significant contributions to our community."

Flynn is set to begin her role as deputy city manager on July 15. As deputy city manager, she will support the city council's vision and focus on key areas like water and sewer, economic development, and urban revitalization. This executive-level role involves providing leadership, strategic direction, and supervision for city functions.

See How You Like It

Keep America Beautiful reports that "90% of Americans agree litter is a problem in their community. One town, Babylon, Long Island, New York, has launched an "Operation Clean" campaign,

what you might call a "see how you like it" crusade. It got started with a TV ad featuring a garbage truck dumping its load on the lawn of an alleged particularly barefaced serial litterer.

A Pyre Of A Fire

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

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

This Ufo Got A Pass

Oklahoma Highway Patrol trooper Ryan Vanvleck had no choice recently but to pull over a UFO on the highway because it had an "obstructed tag." The vehicle's two occupants got a pass when they told Trooper Vanvleck that they were on their way to the

annual UFO Festival in Roswell, N.M. The Sheriff's Office explained that the driver was warned "about our strict enforcement of warp speed on the interstate and to keep his phasers on stun-only while traveling."

Why Go to Church?

Before we can answer the question, “Why go to church”, we must define the term “church”.

The Greek word, *eklesia* in the New Testament of the Holy Bible, means “called-out ones” or “called-out assembly”. Its English translation is “church”. The noun “Christianous” (Gk.), is interpreted “Christians” in Acts 11:26. It refers to a specific “called-out assembly”, also known as “the Way”, in the New Testament, who followed Jesus, the Messiah, in the 1st century, A.D.

After the Protestant Reformation (1517 to c. 1600), a plethora of Protestant denominations emerged. The Reformation is marked by Martin Luther’s posting of 95 theses (complaints) on the door of the Castle Church in Wittenberg, Germany (October 31, 1517), against the practices of the Roman Catholic Church.

Today there are a plethora of Protestant “non-denominational” churches that do not wish to associate with a particular Protestant denomination, though their theology is likely derived from a past Protestant denominational partnership.



Bob Pittman

When I say “church” I mean an assembly of “called-out ones” who profess faith in Jesus Christ, the Messiah, whether the assembly be Catholic, a Protestant denomination, or a Protestant non-denominational assembly.

The writer of the Book of Hebrews in the New Testament says, “Let us hold fast the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near” (Hebrews 10:23-25).

There are no solo Christians. We are the “called-out ones”, not the “called-out one”. If you are flying solo, find a body of believers to attach yourself to. If you are not a Christian and want to talk about that, contact me.

Bob Pittman, Elder, Christian Church of Windsor
 website: www.ccwin.org
 email: christianchurchofwindsor@gmail.com
 phone: 970-686-2958

Genealogy Rocks!

In mid-July, my sister in Houston was impacted by Hurricane Beryl. She lost electricity and air conditioning for more than a week. Have you encountered any stories of natural disasters that affected one of your ancestors? Hurricanes and tornadoes must have been terrifying when they appeared without warning on the horizon.

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

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

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

Newspapers are a great source of news after the event. Checking on a death date for an ancestor may lead you to surprising circumstances. People died by suffocation



Carol Darrow

during the worst of the Dust Bowl storms. Riverboats exploded, drowning hundreds. Railroad accidents resulted in mass tragedies.

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

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

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

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WindSong at Northridge is always looking to provide something new and different for our residents! Montessori is our model and purposeful living and active participation in our home-like environment is always at the forefront of activity's planning. WindSong is a standalone memory care facility, and we look for ways to make feel good memories and have participation from families and employees. Those with Dementia may not remember the facts, but they remember how they felt!

With resident input, WindSong hosted a Dog Show for our 4th of July celebration. With a festive fruit and whip cream cup and watermelon, residents were able to snack and watch the pups prance the red carpet. Winter, Storm, Wilbur, Morgan, Daisy, Peppers, and Lexie went head-to-head to compete for WindSong's top prize of resident chosen "Best in Show"! Participants posed with their own-

ers then scampered off to play in the kid pools set aside for cool down stations. One resident fed blueberries to tempt the pooches over for some pets.

With lemonade in hand, residents voted on which dog was "Best in Show." The winner was a 5-year-old husky named Winter. Wilbur, the bull dog, was a close second.

If you're looking for a home for your loved one with a dementia diagnosis, give Genelle Davis, Community Relations Director, a call to schedule a tour and learn about the Montessori model.

"Everything you do for me, you take from me..." per Maria Montessori. Contact Genelle at WindSong at Northridge in Greeley, at 970-449-7199 or visit their website at Windsongmemorycare.com to learn more about the popular Montessori method for dementia patients!



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Milliken Senior Center



Kathy Kindsfather (l), Senior Coordinator and HP & Special Events Manager shares a laugh with Seniors enjoying their lunch at the Milliken Senior Center.

Kathy gave everyone a run down about special programs available at the Center; along with planned Center events.

The Milliken Senior Center wel-

comes seniors, families and friends. Come on along to the Center - enjoy and have fun!

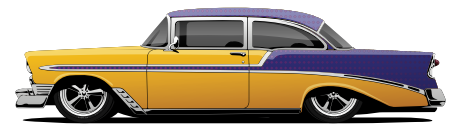
The Center is located at 1101 Broad Street in Milliken.

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(970) 832-7688

for more information or to enter a car!

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Efforts to Strengthen Colorado's Healthcare Workforce

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

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

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

will ultimately serve the people of Colorado."

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

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

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

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

Pets Are Family Keeping Dogs Safe In Hot Weather



Judy Calhoun

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

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

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

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

Never leave your dog in a parked

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

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

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

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

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

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Taste of Loveland Showcases NOCO's Best

The 18th annual Taste of Loveland was a huge success attracting hundreds to the streets of downtown to sample some of the best

Scalzotto's Italian Restaurant offers traditional Northern Italian cuisine in a family atmosphere. Their pear ravioli, for example, was a crowd-pleasing favorite!

On the sweeter side, "B" Street Cupcakes produces 150 varieties, made fresh each day. With several locations in the state, Josh and John's slow-churned ice cream uses high-quality ingredients to make flavors like Purple Mountain Majesty and Moose on the Loose. And at Puciugo Gelato Caffè. You can enjoy gelato just like being in Rome with their secret recipe and authentic ingredients.



food, wine, and spirits NOCO has to offer. Benefiting Foothills Gateway and The Namaqua Center, their programs have helped thousands of people dealing with intellectual and developmental disabilities.

This was the first time the event was held in an open-air venue along Fifth Street in downtown Loveland. Sixty vendors representing restaurants, distilleries, breweries, and wineries offered unlimited tastings for a single entrance price.

With the growing number of food and beverage options in Northern Colorado, here are some that you might have overlooked. Da Big Kahuna Tiki Bar and Grill serves Hawaiian-style food and colorful Tiki drinks. Sandos Subs makes hot Chicago-style sandwiches with premium meats. The elote Mexican corn samples at Vatos Tacos were some of the best I have tasted, and they won the best street taco at last year's event.



Bonefish Grill samples

In case you weren't able to attend this year's event, there's plenty of time to explore these businesses at their brick-and-mortar locations. Most of these are on the Visit-Loveland website.

This was a sponsored visit, however, all opinions herein are the author's.



Vato's Tacos

Windsor Community Playhouse Season Tickets on Sale NOW!



To purchase tickets, visit our website at windsorplayhouse.org



BEER FOR BREAKFAST - Four middle-aged buddies reunite for a "guys' weekend" complete with old music, cheap beer and enough cholesterol to stop Superman's heart. These guys are out to prove they've still got it, so they are going to party like it's 1979! It's all going well until one of them doesn't show up...but his wife does. Snowed in overnight, an epic struggle ensues: will man be judged the superior sex or will woman prevail? Will love triumph or will the old grudges win?



A CHRISTMAS TAIL - The heartwarming story of a mystical cat, a little girl, and some holiday magic on Christmas Eve. When struggling butcher, Ralph has nothing left to believe in, a little girl comes into his shop to visit the store cat, Gus, with the magic of Christmas starts to talk. But will the magic be enough of to change a bitter, middle-aged grocer who hasn't seen his estranged daughter in five years and who owes money to his suppliers and the mob.



I AND YOU - One afternoon, Anthony arrives unexpectedly at classmate Caroline's door bearing a beat-up copy of Walt Whitman's Leaves of Grass, an urgent assignment from their English teacher. Caroline hasn't been to school in months, but she is as quick and sardonic as Anthony is athletic, sensitive, and popular. As these two let down their guards and share their secrets, this mundane poetry project unlocks a much deeper mystery that brings them together. I and You is an ode to youth, life, love, and the strange beauty of human connectedness.



HAPPILY EVER AFTER? - Most fairy tales end with the words "...and they lived happily ever after." This is where our story begins. Told with humor and compassion by a marriage counselor in the Fairy Tale realm, we join our favorite fairy tale characters as they experience the issues couples have in any reality. You will laugh and cry and leave with a renewed belief in Fairy Tale endings...



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The Blue Trolley Bistro, Golden Goodness and Beautiful Life Bowls Food Trucks will take turns on October Saturdays and Sundays.

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- Cost and coverage.
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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.



She's Old And Sassy

What are the odds that you'll celebrate your 100th Birthday? The Census Bureau reports that about 101,000 Americans will celebrate their 100th birthdays in 2024 and that the numbers of centenarians in the U.S. will grow steadily in the coming years. More importantly, the National Council

on Aging reports that America's seniors "are healthier overall and living independently for longer." Take Helen Denmark in Birmingham, Alabama. She turned 108 years of age recently and says that she stays young by "drinking wine, eating dessert, and flirting with men with mustaches."

Information for the 50+ Community

Enjoy Dining Outside In Weld County



Eating out can be fun, and the atmosphere of dining outside can bring more to the experience as it lets visitors enjoy fresh air, scenery and the overall feel of a community. In a county as large as Weld that's home to 32 municipalities, there are many places that offer outside dining. Here are just a few:

Fat Albert's – 1727 23rd Ave., Greeley: Since 1982, Fat Albert's has served delicious dinners, salads, croissants and sandwiches, including the Belly Buster, a one-pound hamburger. Enjoy a meal outside on the patio, and be sure to save room for homemade pie.

The Tavern at St. Michael's Square – 2918 67th Ave., Greeley: Enjoy a nice day dining on the Tavern's patio in the heart of St. Michael's Square. Enjoy a wide selection of burgers, sandwiches, salads and more as well as a long list of cocktails and beer on tap.

The Cow Saloon and Eatery – 800 9th St., Greeley: Take in downtown Greeley at the Cow Saloon and Eatery. Of all the items on the menu, the prime rib special on Thursday features what has been referred to by customers as the "best prime rib in town."

Rio Grande Mexican Restaurant – 825 9th St., Unit A Greeley: Fajitas, slow-cooked black beans and many other TexMex items are staples of the Rio in Greeley, one of five locations in Colorado.

Cables Pub and Grill – 1923 59th Ave., #105 Greeley: Grab a table in Cables outdoor seating area and enjoy many different items or the daily specials, including "All You Can Eat" Spaghetti or "Burger Madness."

Georgia Boys Barbeque, the Smokehouse – 141 Fifth St., Frederick: One of three Georgia Boys' locations in Northern Colorado, the Smokehouse in Frederick offers southern barbecue favorites. Don't forget about happy hour specials Tuesday through Friday from 2:30 to 5 p.m.

McCarty's at the Eaton Country Club – 37661 Weld County Road 39, Eaton: Enjoy the view of rural Weld County, against a golf course and the mountains at McCarty's at the Eaton Country Club. With a number of different items to choose from, McCarty's offers an opportunity to get away from the "hustle and bustle" of the city and enjoy great food.

The Hearth Restaurant and Pub – 205 1/2 4th St., Windsor: With a wrap-around deck overlooking Windsor Lake, The Hearth Restaurant and Pub provides scenic views while visitors enjoy craft beers and Italian-style pizza — familiar pizza in New York and Boston that has been brought to Windsor.

Mash Lab Brewing and Kitchen – 4487 Highland Meadows Pkwy., Windsor: Searching for a dog-friendly outdoor space to enjoy the evening? Stop by Mash Lab Brewing, which features a large patio area. Enjoy a number of comfort foods along with one of 20 beers, all brewed in-house.

The Mirror Image Brewing Company – 5969 Iris Parkway, Unit C Frederick: The Mirror Image Brewing Company offers pizzas with Italian, Chicago, and Detroit-style crusts to go along with many on-tap selections that have received medals from the Great American Beer Festival in recent years.

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Greeley Housing Authority

Friendly Fork Daily Menu August 2024

Thursday, August 1	Beef & Bean Chili with Crackers, Green Cabbage Medley, Watermelon, Dried Fruit & Nuts*, Cinnamon Roll, 1% Milk
Friday, August 2	Balsamic Chicken Breast, Vegetable Lentil Pilaf, Apple/Beet/Walnut Salad*, Carrot Sticks with Spinach Artichoke Dip, 1% Milk
Monday, August 5	Chicken Salad on Wheat with Tomato, Carrot & Raisin Salad, Orange Slices, Gelatin Parfait*, 1% Milk
Tuesday, August 6	Chicken Parmesan over Whole Wheat Pasta with Marinara, Fresh Mixed Vegetables, Cheddar Cheese Snack, Fresh Strawberries, Pineapple Upside Down Cake, 1% Milk
Wednesday, August 7	Roast Beef with Mashed Potatoes & Gravy, Wheat Roll with Butter, Lima Beans with Bacon, Fresh Fruit Salad, 1% Milk
Thursday, August 8	Hamburger on White Bun with Tomato, Onion, Pickles, Mustard, Mayonnaise & Ketchup, Italian Vegetable Blend, Low-Fat Cottage Cheese, Pear, 1% Milk
Friday, August 9	Austrian-Style Pork over Mashed Potatoes, Wheat Roll with Butter, Spinach & Mandarin Orange Salad with Italian Dressing, Fresh Pineapple, 1% Milk
Monday, August 12	Beef Tacos on Wheat Tortillas with Lettuce, Cheese & Guacamole, Black Beans, Honey Lime Coleslaw, Fresh Strawberries, 1% Milk
Tuesday, August 13	Beef & Mushroom Meatloaf, Mashed Potatoes & Beef Gravy, Roasted Broccoli & Carrots, Apple, Lemon Crumb Bar, 1% Milk
Wednesday, August 14	Roasted Chicken Breast with Gravy, Cauliflower Rice Stir Fry, Buttermilk Biscuit with Butter, Fresh Peach, Cherry Crisp with Almonds*, 1% Milk
Thursday, August 15	Herb & Mustard Pork Loin, Roasted Red Potatoes, Corn & Lima Bean Succotash, Fruit Salad, 1% Milk
Friday, August 16	Turkey Club Sandwich on Wheat with Bacon, Lettuce, Tomato, Swiss Cheese & Sundried Tomato Basil Mayonnaise, Coleslaw, Fresh Peach, Peanut Butter Cookie*, 1% Milk
Monday, August 19	Baked Tilapia with Side of Tartar Sauce, Roasted Sweet Potatoes, Balsamic Brussels Sprouts, Banana, Walnut Apricot Bar*, 1% Milk
Tuesday, August 20	BBQ Pulled Pork Sandwich on White Bun, Kale/Quinoa/Almond Sauté*, Watermelon, Chocolate Rice Krispie Treat, 1% Milk
Wednesday, August 21	Chicken Caesar Wrap, Mediterranean Pasta Salad, Carrot Sticks with Roasted Red Pepper Hummus, Cantaloupe, 1% Milk
Thursday, August 22	Beef Lasagna, Breadstick, Garlic Roasted Green Beans, Fresh Fruit Salad with Strawberries, Apple Cranberry Crisp, 1% Milk
Friday, August 23	Krautburger with Side of Mustard, California Blend Vegetables, Fresh Plum, Gelatin Parfait*, 1% Milk
Monday, August 26	Sweet & Sour Pork over Basmati Rice, Side of Lite Soy Sauce, Edamame, Fresh Peach, 1% Milk
Tuesday, August 27	Chicken Caesar Salad with Tomatoes, Cucumbers, Parmesan Cheese, Croutons & Caesar Dressing, Chicken Corn Chowder, Wheat Roll with Butter, Pear, 1% Milk
Wednesday, August 28	Pork Carnitas on Whole Wheat Tortillas with Red Cabbage Coleslaw & Salsa, Black Bean/Corn/Jicama Salad, Fresh Melons & Blueberries, Pumpkin Sugar Cookie, 1% Milk
Thursday, August 29	Tuna Salad Sandwich on Wheat Bread with Tomato & Lettuce, Harvard Beets, Marinated Cucumber Salad, Orange, 1% Milk
Friday, August 30	Italian Braised Chicken, Orzo & Rice Pilaf with Slivered Almonds*, Broccoli/Olive/Sundried Tomato Salad, Watermelon, 1% Milk

*Indicates menu item contains nuts or may not be suitable for individuals with a nut or seed allergy

City of Greeley Active Adult Center Calendar

The Greeley Active Adult Center (AAC) offers visitors a chance to connect with friends, make new ones, and participate in a variety of activities, educational classes, sports, and travel opportunities. Our members enjoy discounts on events, classes, and programs, so join today!

Painting Classes

Thursday, August 29 | 1 p.m.

Explore acrylic painting with our Paint-R-tainment Class. This beginner course is instructor lead with step-by-step instructions to creating a masterpiece. All supplies are provided; no experience is necessary.

Fall Travel Programs Launch on August 13

Mark your calendars and join us in-person on August 13 at 9 a.m. That's when we open registration for all fall excursions. Online registration opens the following day. There are day trips to choose from, places to visit, and restaurants to explore. Don't miss out on one of our exciting trips this fall!

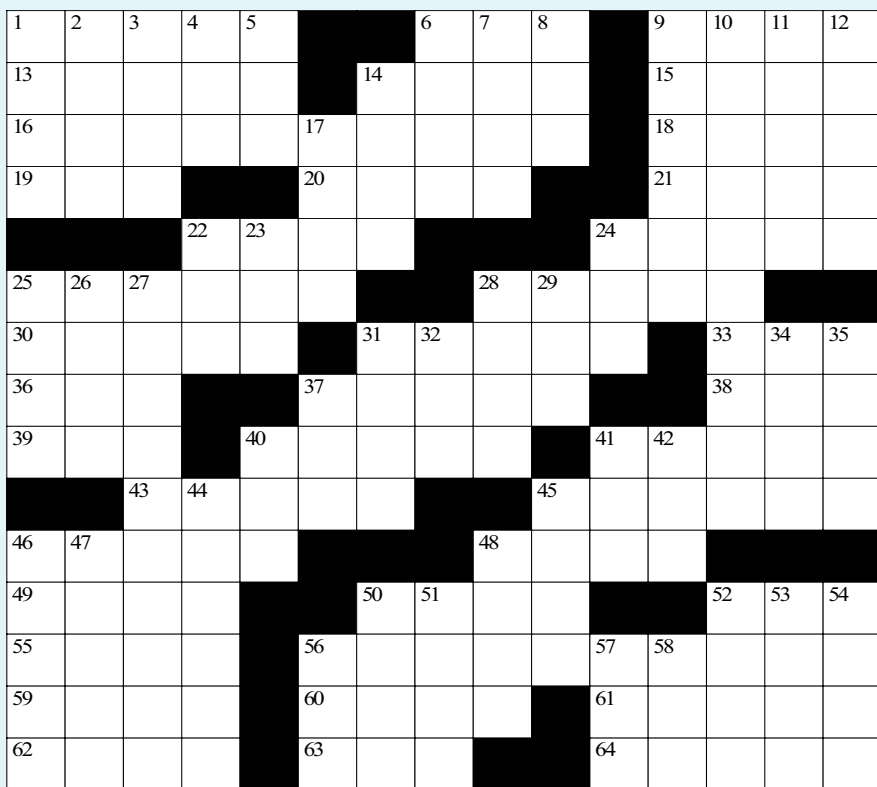
Get involved and stay up to date with Greeley City Council Meetings

Greeley City Council meetings are held in-person and online monthly every first and third Tuesday. Find City of Greeley's Civic Clerk Meeting Portal agendas at <https://greeley-co.portal.civicclerk.com>.

For more information, about 50+ travel programs and events, visit GreeleyActiveAdultCenter.com

August 2024
Answers page 9

50 Plus Marketplace News Crossword Puzzle



ACROSS

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

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

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

DOWN

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

About Pet Partners

We make it possible for volunteers to share their amazing pets with people in need to improve human health and well-being.

Sharing the pet's special love with others brings the vital connection of the human-animal bond to all the people who can and will benefit. If interested, learn how to become a PetPartners therapy animal team with your pet visit: petpartners.org/volunteer.



Pet Partner Teams (l-r)
Golden Doodle Jack & Sandi;
Australian Shepherd Maverick & Brenda