

50 Plus Marketplace



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

December 2024 • Volume 30 • Issue 12

Origins of Christmas

Christmas or Feast of the Nativity is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. Christmas Day is a public holiday in many of the world's nations is celebrated religiously by a majority of Christians as well as culturally by many non-Christians and forms an integral part of the holiday season centered around it.

Although the month and date of Jesus' birth are unknown, the church in the early fourth century fixed the date as December 25, which has been adopted almost univer-

sally throughout the world.

The celebratory customs associated in various countries with Christmas have a mix of pre-Christian, Christian, and secular themes and origins. Popular modern customs of the holiday include gift giving; completing an Advent calendar or Advent

wreath; Christmas music and caroling; viewing a Nativity play; an exchange of Christmas cards; church services; a special meal; and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly.

In addition, several closely related and often interchangeable figures, known as Santa Claus, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas season and have their own body of traditions and lore. Because gift-giving and many other aspects of the Christmas festival involve heightened economic activity, the holiday has become a significant event and a key sales period for retailers and businesses. The economic impact of Christmas has grown steadily over the past few centuries in many regions of the world. Article courtesy of Wikipedia.



Wreaths Across America Honors Veterans and First Responders!

The annual ceremony honoring the memory and service of our veterans and first responders is a moving tribute that takes part in the National Wreaths Across America program to "Remember, Honor, Teach." Many participating cemeteries in Northern Colorado and the United States have the annual ceremony displaying the \$17 wreaths at many participating cemeteries. Many volunteers will place the commemorative wreaths on the graves of all veterans and first responders. The wreaths will be placed on the graves in early December and removed in January.

Wreaths Across America is a nonprofit organization started by Morrill Worcester in 1992. The group was

founded to continue and grow the annual tradition of laying wreaths at Arlington National Cemetery. Their mission is to "Remember, Honor, Teach." This year, wreaths will be placed at all national cemeteries and at 4,500 local ceremonies across the U.S. to honor our nation's heroes and raise awareness of veterans' sacrifices. Both non-profit organizations, corporations,

and individuals are encouraged to be a wreath sponsor! Many veterans groups, corporations, and non-profit are some of the sponsors in Northern Colorado!

Please visit their website www.wreathscrossamerica.org/ and select the participating cemetery in your area if you would like to be a sponsor or volunteer!



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DECEMBER Calendar

Thursday/5

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.

Thursday/5 & Friday/6

University of Northern Colorado Music presents UNC Jazz & Choir Holiday Spectacular at 7:30 pm at the Campus Commons Performance Hall at 1051 22nd St. in Greeley. UNC Choirs and Jazz ensembles give you a special gift for the season in the form of a spectacular holiday concert! Share the moment by inviting all your family and friends for free hot chocolate and holiday fun in the lobby before the concert. Tickets range in price from \$5 for youth under 13 to \$24 for adults. Purchase tickets online at <https://tickets.unco.edu/>.

Saturday/14

The Greeley Chorale presents 'A Shining Christmas' at the UNC Campus Commons Performance Hall on UNC's Campus in Greeley at 7:30 pm. Tickets range from \$10 to \$40. Purchase tickets online at <https://tickets.unco.edu/> or call their box office 970-351-4849 during the weekday.

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

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

Check individual venues for current information

Calendar sponsored by:
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As we age, it is not uncommon to experience some level of cognitive decline. Cognitive decline can range from mild impairment to more severe conditions such as dementia, including Alzheimer's disease.

Each experience with cognitive decline is unique. A person may have trouble with some aspects of their life but still be able to handle others adequately. Recognizing the signs of cognitive decline is key for early intervention and support. Symptoms may include memory loss, difficulty concentrating, confusion, and impaired judgment.

Regardless of one's age, the decline of mental faculties can leave a person vulnerable to abuse. In some cases, the abuser is someone known to the abused. Through certain lifestyle choices and proactive measures, older people can help mitigate the effects of cognitive decline and protect themselves from potential abuse.

Financial Elder Abuse

Financial elder abuse is a serious and growing concern, particularly for individuals experiencing cognitive decline. It involves the illegal or improper use of an elderly person's funds, property, or assets. The effect of financial elder abuse can be devastating, leading to significant financial loss and emotional distress.

Recognizing Financial Elder Abuse

Detecting financial abuse can be tricky and often requires a delicate touch. The victim may feel ashamed knowing that someone has taken advantage of them. Keep the following in mind when looking for the possibility of financial abuse.



Steve Anderson

If you bristle with thoughts of a nail-biting 'Christmas Story', the 17th version of 'Scrooge', or lip syncing 'Its A Wonderful Life', Ho-Ho-Hold onto your reindeer! The memories we're hoping to rekindle here are just from us and for us, for whether high or low, we all have stories to share and love to gain.

For many, Christmas holds special meaning, be it historical, hysterical or heart-felt, for its these times we embrace when sharing memorable Christmas's. Think-

Elder Law Q & A

Planning for Cognitive Impairment and Preventing Elder Abuse

- **Unusual Financial Activity:** Investigate sudden, unusual withdrawals or transfers of large sums of money, especially if the person cannot explain the withdrawal.

- **Unpaid Bills:** Unpaid bills can be a sign of financial abuse, especially if the individual has enough money to pay the bills.

- **Isolation:** Abusers often try to isolate their victims from family and friends, so check on your loved ones regularly.

Preventing Financial Elder Abuse

Preventing all types of elder abuse requires consistent monitoring. Here are some ways to help prevent financial elder abuse.

- **Education:** Educate elderly loved ones about common scams and how to avoid them.

- **Monitor Accounts:** Regularly monitor bank and credit card accounts for unusual activity.

- **Legal Protections:** Establish legal safeguards such as durable powers of attorney, trusts, and guardianships.

- **Professional Help:** Hire a financial advisor and an elder law attorney to manage and protect the older person's assets.

Steps for Families to Take

You can help protect your elder-

ly loved ones from abuse in several ways.

- **Stay Informed:** Keep up to date with the latest information on cognitive decline and financial elder abuse.

- **Be Proactive:** Take steps to create a secure financial plan and legal protections for elderly family members.

- **Seek Support:** Use community resources, support groups, and professional services to assist in caregiving and financial management.

- **Report Abuse:** If you suspect financial elder abuse, report it to local authorities, your state's Adult Protective Services, or a trusted professional immediately.

Contact an experienced elder law attorney near you today to learn how you can safeguard yourself and your loved ones from elder abuse. Your attorney can discuss your specific situation and your options with you.

Beyers Law LLC is a law firm serving clients throughout Colorado. Their practice is wholly focused on Elder Law, Estate Planning, and Special Needs planning. They can be reached at 970-669-1101 or at www.beyerslaw.com.



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Ho-Ho-Hold On

ing back often recalls joyous times of gifts given and received, meals still digesting, and stories retold. While not everyone embraces the Spirit of the season, they could, for Christmas holidays are only as fun as we make of them. So why not let go of whatever dimmed Bethlehem's Star and make a joyful noise? Never miss the chance to celebrate feelings as special as they are new!

Its easy really, as the greatest joys come not from things received, but through generosity, and the surprise and happiness in the faces and hearts of those experiencing the moment. Reaching out produces understanding that can't be bought any more than trust, honor

or respect, all of which are gained when thinking beyond ourselves. A 'Win-Win' under anyone's tree!

Through glistening eyes and joyful laughter feelings never thought possible are felt, maybe for the first time! The joy spreads, generosity grows, thankfulness is shared as failings are forgiven, and yes, families reunite. For while Christmas Spirit originated far South of the North Pole, the memories we hold dearest come from home, through laughter and tears with family and friends. There's so much to give and celebrate, and little time to waste on lesser thoughts, so reach for the star atop life's tree and the truth of what came with it. Merry Christmas to everyone!

Weld County Is Full Of Museums Rich In History!

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DEADLINE

10th of the Preceding Month

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

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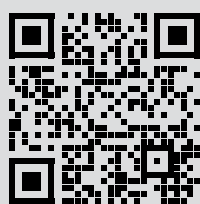
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Did you know that Weld County is home to many museums? Weld County's history is deeply rooted in the land, and several museums throughout the area explore life in the West. While some are currently closed and only open during the summer or by appointment, there are still a few that you can visit year-round!

The A.J. Eaton Home and Carriage House Museum

A.J. Eaton was the son of Colorado's fourth governor, Benjamin Harrison Eaton. A.J. wed Minnie Lee Gooden on Jan. 1, 1885. The Greeley Tribune hailed the marriage: "The Governor's son has shown himself worthy of his surroundings and may the star of prosperity ever shine above his door." As the first two-story brick residence in town, the property immediately became a local landmark, with some referring to it as the Eaton "mansion." The museum is open on Tuesdays and Thursdays from 2 to 4 p.m. and Saturdays from 10 a.m. to 2 p.m. For more information, visit the Eaton Area Historical Society.

The Parish House in Johnstown

This Arts and Crafts-style bungalow was built by the founders of Johnstown, Harvey and Mary Parish. The house, which now serves as a museum, is furnished in early 1900s style, offering a glimpse into what life was like in this area nearly 100 years ago. The Johnstown Historical Society manages the house and museum, offering tours on Wednesdays from 9 a.m. to noon and by appointment. If you are interested, please visit johnstownhistoricalsociety.org.

Fort Lupton City Museum

The Fort Lupton City Museum's collection includes extensive archives of family histories, cemetery records, business documents and photos dating as far back as the 1800s. The museum itself is even considered a historical artifact. Visit anytime on Wednesday, Thursday and Friday from 9 a.m. to 3 p.m. For more information about featured and upcoming exhibits, please visit City of Fort Lupton.

Colorado Railroad Museum

The Colorado Model Railroad Museum is one of the finest, one-of-a-kind miniature accomplishments in the world. Located at 680 10th Street in Greeley, this museum has hundreds of railroad sceneries, more than 500 scale locomotives, 80 scale miles of train track, thousands of other handmade artifacts including around 28,000 handmade trees. The museum houses thousands of artifacts including a 1919 Colorado and Southern Caboose that you can tour. Learn more by visiting Colo-

rado Model Railroad Museum.

Greeley is also home to other museums, such as the Greeley History Museum, Meeker Home Museum, Greeley Centennial Village and White-Plum Learning Center. All can be found on our Discover Weld museums page.

Fort Vasquez Museum in Platteville

Originally a fur-trading fort built in 1835 by Louis Vasquez and Andrew Sublette, this fort "in the middle of the highway" includes a charming museum depicting life in the region in the early to mid-1800s. The museum is open Wednesday, Saturday and Sunday from 10 a.m. to 4p.m. We invite you to learn more about this important piece of history by visiting historycolorado.org.

Platteville is also home to the Platteville Pioneer Museum showcasing the heritage of the town! This museum is open Monday and Wednesday from 10 a.m. to 3 p.m. and Saturdays from 10 a.m. to 2 p.m. You can also book an appointment as well. For more information, visit Platteville Museum.

Windsor History Museum

The Windsor History Museum features historic buildings from around Windsor built between 1882 and the 1920s. These buildings help tell the story of Windsor beginning with the completion of the Great Salt Lake and Pacific Railroad through the sugar beet boom of the early 20th century. Learn more about this museum at poudreheritage.org

Frederick Miners Memorial Museum

While Weld County may be known now for oil and gas as well as wind and solar energy production, it may surprise you to learn that southern Weld County's history is rich in coal production. The Miners Memorial Museum in the Town of Frederick captures the history of mining in the town. The museum is open during town events and by appointment. Don't hesitate to reach out and schedule a tour — information can be found on the Town of Frederick website.

Drylanders Museum in Nunn

Constructed as a 1933 Civil Works Administration Depression-Era project, the former town hall for the northern Weld County community of Nunn is now home to an amazing collection of regional history — much of it donated by the families who homesteaded in the area. This museum will open back up around June 2025. Check out our Discover Weld video highlighting the museum, or for more information, visit the Town of Nunn Museum.

The Wise Homestead Muse-

um in Erie

The Wise Homestead dates back to 1869, when Oliver Wise, his wife Adaline (Ada) and their three children crossed the plains from Wisconsin to settle in Colorado. Oliver built a small log cabin and began to farm the land. Through unique "windows to the past," visitors can see the mud used to insulate the house and the animal hair incorporated into the plaster. Also visible are samples of 1900s advertising that were revealed when the original wallpaper was removed. The museum is open from 10 a.m. to 2 p.m. on Saturdays (May to September) and by appointment at other times. Learn more about this museum and the area's history on the Erie historical society website.

The Grover Depot

The Grover Depot, a two-story rectangular frame building with a gable roof, was built in 1887 by the Burlington Railroad Company. The building is a rare Colorado example of a first-generation, two-story railroad depot and may well be the only surviving example of its type in the state. Unfortunately, the museum isn't open for regular hours. Your best chance to see its collection is to visit on Father's Day weekend for the Earl Anderson Memorial Rodeo, an official PRCA rodeo that has been going strong for almost 100 years! To learn more about this charming museum and community, please visit colorado.com.

Monkeys Escape Lab

The town of Yemassee, SC, with its population of slightly more than 1,000 residents, has quite a population of monkeys—some 3,500 rhesus monkeys housed at the Alpha Genesis research facility. And so, it created quite a stir when 43 of the chimps escaped and the Yemassee Police Department issued a warning "strongly" advising residents "to keep doors and windows secured to prevent these animals from entering homes." CBS News reported that someone "failed to secure a door at the enclosure, allowing the monkeys to roam free." Authorities have been successful in slowly recovering the monkeys.





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Assisted Living Locators NoCo

For more than a span of 30 years Maureen Walker has specialized in many areas of Senior Living options. She began her career as an Executive Director and Regional Director of Operations for a few different senior living companies. Over 6 years ago Walker joined, purchased, and is the owner of Assisted Living Locators NoCo and North Metro Denver.

Assisted Living Locators provides tailored options that meets the client's specific needs and preferences when searching for the right senior living option. These options can be anywhere from small home type living environments, Independent, Assisted or Memory Care. She is an expert in knowing and understanding the differences.

Her inspiration comes from assisting people on a personal level, getting to know them, caring about each situation, and walking the journey with them. – That's the Fun part says Walker.

Assisted Living Locators NoCo has ranked in the Top 20 Franchises of the year for the past 3 years.

If she could change the world, she would bring back the value and respect of honoring seniors on all levels

and teaching the value and contributions they gave and continue to give throughout their lifetime. There is much to be said!

Maureen enjoys giving back and enjoys volunteer opportunities, she is a board member with Dementia Together and supports fundraising efforts and events.

She also is a member of Rotary International, various Chambers in the area, Professionals for Seniors, and personally enjoys doing missions work in and out of the country.

To learn more about Assisted Living Locators NoCo, please call Maureen Walker: 970-660-8898 or 970-310-4307.



The Greeley Chorale's Diamond Anniversary!

A Shining Christmas

Saturday, December 14, 7:30 p.m.
 UNC Campus Commons, 1051 22nd Street
 Tickets: greeleychorale.org or 970-351-4849

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Lost Pet Trackers



Bob Larson

From a recent TV Henry Ford Innovation program, I discovered another GPS tracker for lost pets. The reason for pet trackers is to prevent your pet from getting lost or the security of finding your pet if it is lost! If you walk or hike with your dog and it runs off chasing a rabbit or other animal, sometimes finding your pet can be challenging, especially in wooded areas. For cats, it's even more challenging as they like to hide in bushes or under home or porch structures.

Most pet trackers work through a combination of Wi-Fi, Bluetooth, cellular, and satellite signals. But even with all these signal options, the best GPS pet trackers are still not perfect and might not work in all instances.

There are a half dozen or more reliable pet trackers that are GPS based and vary in costs from \$30

to \$200 on amazon.

Another product from Australia is the AirBolt GPS tracker. What is unique about the AirBolt GPS pet tracker is it works with a combination of Bluetooth or cellular signals, thus giving a longer distance range in case your pet goes beyond the normal Bluetooth range of 100 feet. Other great features are the rechargeable battery lasts up to one year, it's waterproof, is small at 1.5 inches diameter, and fits on most collars. AirBolt can be used on your luggage or other items such as backpacks or bicycles too! Buy it on their website at theairbolt.com for \$150.

Bluetooth is free to use on your smartphone, but you need a cellular plan to use their radio signals for the longer range. The average cellular plan for a tracker costs about \$99 per year.

Although your pet may prefer a toy gift, this might be a great Christmas gift for your pet! Bob Larson is a technologist and Marketing Director for 50 Plus!

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Colorado Gerontological Society

The Holidays Provide a Time for Giving and Sharing



Eileen Doherty

It is a common tradition in the United States for individuals and families to gather together at the holidays. The holidays are a time when we decorate our homes, when we find time to spend together to enjoy each other's company, and often to share gifts.

Sharing creates an emotional bond between individuals. Sharing often strengthens relationships, promotes empathy and allows us to better understand our own emotions. Sharing as a volunteer or donor creates a sense of connectedness. Sharing helps us feel less alone.

Each year the Colorado Gerontological Society offers volunteer opportunities to share friendship and help those who are in need of services. The Society will be delivering 350 holiday baskets in the Metro Denver area on December 14, 2024 from 10:00 am to 12:00 pm. If you are looking for a meaningful opportunity, consider signing up and volunteering to share some time.

Can't deliver baskets, maybe you want to become a telephone buddy and call some-

one weekly to make them feel less alone.

The Society is participating in Giving Tuesday on December 3 and Colorado Gives Day on December 10. The Society depends on generous donors to support the services we provide including: information, counseling, help with filing for benefits, referrals to partner agencies for services, a telephone buddy to call, or a counselor to provide emotional and mental health support.

Whether you want to be a donor or are looking to volunteer to deliver a basket, be a telephone buddy, or just help out with everyday work that is often very rewarding, please contact us.

Calling 303-333-3482 or visiting our website at www.senioranswers.org to get involved and share with others.

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



Reflections Carding The Year



Martha Coffin Evans

I decided to live through 2024 differently this year. I've carded friends and family members throughout these 365 days. Initially, these cards contained messages of thanks and appreciation. As the year has unfolded, some messages have been get well ones. "This is just what the doctor ordered," said one recipient.

With a start from my previous stash of postcards, I thought finding additional ones would be easy. Not so fast. Have you tried to buy postcards when you travel? In some states and places, it became more difficult as I learned.

Some grocery stores carry postcards while many service stations sell few if any. In Texas, a friend located a supply of cards in the back recesses of a truck stop.

Others bought postcards during their travels to keep my supply going. One found a box of 63 illustrated Protect our National Parks postcards. Another secured 52 postcards about England from a German calendar on an ebay equivalent source.

The enjoyment in sending these

cards has filled my year too. From being unexpected and a treat to receive, I've had emails and verbal comments about their meaning from many recipients. On occasion, I've received postcards from recipients.

A number acknowledged what a treat it was to receive something in the mail. From "you made me smile" to "this made my day" these postcards added a nice touch and meant others were remembered. I'm pleased at the enjoyment, and surprise, this has brought to so many.

While I thought I'd finish this year with no cards left, that's not so. I have at least 200 to keep me going again. It looks like my fun activity will live well into next year!

I'd better get more stamps. Who knows if my postcard supply will continue to grow?!

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

Weld Area Agency on Aging Navigating Challenges for Older Adults and Embracing Joy in the Winter Season

As winter settles in, older adults face unique challenges that can impact their health and well-being. With shorter days, colder temperatures, and the potential for inclement weather, winter brings a time of year we all must prepare for. While this season can be a time of challenge, with the right support, it can also be a season filled with joy and connection.

Some risks prominent in the winter months, especially for older adults include cold weather vulnerability, increased fall risk, social isolation and poor mental health, as well as susceptibility to flu and other illnesses. Older adults should be prepared for these risks by ensuring they have adequate heating in the home and dressing in layers, wearing non-slip footwear, and using assistive devices if necessary. Home modifications, like handrails and adequate lighting, can also reduce fall risks. Staying up to date on vaccinations and practicing good hygiene can help protect their health from complications with the flu and other illnesses. For older adults that drive, it is also recommended to carry a kit in the car that includes food, water, medications, and other essentials for emergency road situa-



Gabi Snyder

tions.

For joy and connection, older adults are encouraged to partake in the following:

- Engage in indoor exercises, such as yoga or tai chi, which can help maintain mobility and balance.
- Utilize technology for virtual gatherings if in-person meetings are challenging. Online classes, video calls, and social media can help maintain connections with loved ones.
- Seeking mental health professionals can also provide support for those experiencing feelings of sadness or isolation.
- Engage in seasonal activities such as watching holiday movies, crafting, or baking. Join a holiday festival around town or drive with a loved one to look at neighborhood lights.
- Giving back can boost mood and provide a sense of purpose. Volunteering for community organizations, especially those that help others during winter, can be fulfilling.
- If mobility allows, enjoy the beauty of winter through short walks or visits to local parks. Fresh air and nature can lift spirits and improve overall well-being.

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Energy Employees Occupational Illness Compensation Program Act

The Department of Energy (DOE) and various agencies employed thousands to perform hazardous work in nuclear weapons production. This exposed many employees to toxic substances. The Energy Employees Occupational Illness Compensation Program Act (EEOICPA), administered by the Department of Labor (DOL), provides compensation and medical benefits to current and former nuclear and uranium workers for illnesses they have developed that are linked to occupational exposures. EEOICPA benefits are divided into two main programs – Part B and Part E.

Available Compensation for Workers Under Part B

One-time payment of \$150,000, full medical coverage related to your DOL approved condition/s. Qualifying conditions under Part B include; Chronic Beryllium Disease and Cancers, including, Leukemia, Lung, Bone, Renal, Myeloma, Lymphoma (non-Hodgkins), Thyroid, Breast, Esophagus, Stomach, Pharynx, Small Intestine, Pancreas, Bile Duct, Liver,

Gallbladder, Salivary Gland, Urinary Bladder, Brain, Colon, and Ovary

Available Compensation for Workers Under Part E

Up to \$250,000, full medical coverage related to your DOL approved condition/s. Qualifying conditions include, but are not limited to; COPD, Interstitial Lung Disease, Asbestosis, Coronary Artery Disease, Atrial Fibrillation, High Blood Pressure, Kidney Disease, Obstructive Sleep Apnea, Diabetes II, Arthritis, and more.

Medical Benefits Covered

Medical benefits for specific covered conditions include; no cost for doctor visits, medical treatments, consultations, inpatient and outpatient hospital charges (including ER visits), prescriptions prescribed by a physician, durable medical equipment (DME), and more.

Let Giving Home Health Care help you understand and maximize this program. Simply give us a call at 720.612.4708.

Thank You from Tigges Farm

We extend our thanks and appreciation for the loyal support of the surrounding community of Tigges Farm Roasted Chilies and Pumpkin Patch between Greeley and Windsor. We know many of you had to be creative in finding your way to the farm this year with 83rd Avenue closed all of October.

Just to let you know, we are discussing plans for 2025 already and we invite you back. We love seeing everyone, even if can't remember all the names. We know we are a tradition for some families and even if we are all 75 years and older, we aim to do the farm as long as we can and health stays with us. We will be open mid-August. Every year farming is a challenge. We never know if the challenge will be summer heat, early or late

frost, weeds, too much rain or too little rain; and we are still looking for a year "without" challenges. Not likely to happen.

Thank you again for your loyal support! With gratitude we wish you the "Gift of Christ this Holiday Season" and for all the days that follow as well. - Ken Tigges, Gale Loeffler, Kathy Rickart and their families

*Thank
of You!*

Moving Through the Darkness Together: Pledge to be Active this Winter

As the winter and holiday season approaches, we recognize that grief, stress, and mental health challenges can be especially overwhelming. Improving our physical health can positively impact mental well-being, potentially saving lives.

Run.Windsor's Move Through the Darkness Challenge benefiting Imagine Zero of Weld County was established to inspire individuals to care for their mental wellness through physical activity and time spent outdoors. This inclusive, self-led, two-month, no-cost event fosters a community dedicated to building skills and habits that support mental health throughout the winter. During the challenge, encouragement, resources are available to participants, helping them "move through" difficult times.

"Move Through The Darkness is a zero-cost challenge that empowers people to run, walk or exercise – in hopes of making an impact on the lack of movement, depression and suicide we see in the winter months," says Mandy Mullen, owner of run.Windsor. "Participants pledge a certain amount of physical activity while receiving free access to weekly professional speakers, in-person events like group walks/runs, and more."

How the Challenge Works:

- The challenge runs from December 1st to January 31st.
- Participants sign up individually or with a team, committing to a

set number of miles to walk or run. Throughout December and January, they log their progress on the challenge website at <https://www.movethrough.org>.

Along the way, participants gain access to resources promoting strategies for physical and mental health.

Participants who reach their goals by the challenge's end earn awards and recognition.

John O'Rand, a past participant, shared, "At the end of last year, I was not motivated to do much; it was cold with long dark days. I found that MTD got me out and moving around, it helped me find a strong support team that encouraged and motivated me to get more out of each day."

This winter, run.Windsor and Imagine Zero of Weld County invite you to take an active role in supporting your mental, emotional, and physical health. Register for the challenge and encourage friends, family, colleagues, and neighbors to join you as you "Move Through the Darkness." Registration opens on November 1. Visit <https://www.movethrough.org/>.

The event is made possible through community donations and the generous support of sponsors. Visit <https://form.jotform.com/223063488521051> to become a sponsor or donate today.



Pets Are Family Watch out for Holiday Hazards

Celebrating the holidays typically means extra decorations and "stuff" around the house, which can potentially present unexpected dangers to our pets. A decorated tree is one of the season's highlights, but can be a hazard of falling over for cats who want to climb it, or for



Judy Calhoun

dogs who may want to chew on the branches. Stabilize your tree with a sturdy stand or secure it to the wall to prevent tipping. And that's just the tree itself! Shiny, dangling ornaments and tinsel can lead to a choking hazard, and the holiday lights can cause injury if chewed on. Recommended remedies to these hazards include: using shatter-proof ornaments, cover electrical cords with a cord protector, apply bitter spray (pet recommended) to deter chewing on certain items, and avoid shiny objects if necessary.

In terms of what goes under the

tree, curious pets may be tempted to chew on wrapping paper, bows, ribbons, string, etc. Ensure these items are not a hazard to your pet both before and after the gift is unwrapped.

Lastly, keep your pets safe from holiday plants and open flames. Many holiday plants – such as poinsettias, mistletoe, holly, and lilies – are toxic to pets and need to be out of their reach. And for those who enjoy lighting many candles (or even a couple) during the holidays, remember to keep them in safe spaces where they cannot be easily knocked over.

With a bit of preparation and vigilance, you and your furry friends can enjoy a festive, safe, and stress-free December together! Have a wonderful time snuggling up and enjoying the festivities with your beloved pets. Learn more at nocohumane.org.

Christmas Quotes

'Miracle on 34th Street'

Christmas isn't just a day, it's a frame of mind.

A Christmas Carol'

I will honor Christmas in my heart, and try to keep it all the year.

Bob Hope

When we recall Christmas past, we usually find that the simplest things — not the great occasions — give off the greatest glow of happiness.

Johnny Carson

Mail your packages early so the post office can lose them in time for Christmas.

Phyllis Diller

What I don't like about office Christmas parties is looking for a job the next day.

Andy Rooney

One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don't clean it up too quickly.

Charles M. Schulz

Christmas is doing a little something extra for someone.

Norman Vincent Peale

Christmas waves a magic wand over the world, and behold, everything is softer and more beautiful.

Johnny Mathis

My mom and dad always tried to make Christmas special for us. We were poor, but it's funny because we had no idea

Dale Evans: Christmas, my child, is love in action.

Shirley Temple

I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph.



WINDSONG

at Northridge



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New Community Relations Director At Windsong in Greeley

Emily Larson is not a Colorado Native. However, she has been calling Colorado home for the last 13 years. Eight going on nine of those years in Northern Colorado.

Emily graduated from Colorado State University with a Bachelor's in Communications. While attending CSU, she met her amazing husband, Jordan. In their free time they love to go to the movie theater, go hiking and very much enjoy spending time with their German Shepard, Barbie.

Emily first got her start in senior living right out of high school and has done everything from care giving, other related activities, even kitchen management. Having worked with all levels of care, she found herself in love with memory care, and helping residents have the best quality of life. Over the last several years, she took a step back from senior living and stepped into an active sales role in

hotels and hospitality.

Emily is excited to take on this new role, as Windsong at Northridge Memory Care Community Relations Director which gives her the opportunity to combine her expertise in sales with her passion for memory care and senior living.

Emily is wished every success! Any questions you have about Windsong at Northridge Memory Care, please call Emily at 970-449-7199 x1003.



NEED HELP NAVIGATING MEDICARE?



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

- Enrollment.
- Plan comparison.
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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).

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Veterans Echoes

Why We Owe Our Veterans So Much!



Brad Hoopes

In a recent speech I gave, a segment of it was about some of the insights and takeaways my project has taught me about Veterans. I would like to share that part of the speech with you.

One insight is about sacrifice. Regardless of whether someone has told me that their service years were some of the best years of their lives, or at the other end of the spectrum of those who had been through unimaginable sheer hell, one common thread that weaves through each story is that every veteran has personally sacrificed to some degree for our country.

Another is how youthful innocence was often lost very abruptly and far too early in life. So many have told me "I left as a boy and came home as a man." They grew up in tough neighborhoods!

One that continues to amaze me is realizing just how far a human

can be stretched mentally and physically. Now mind you, I have had a wonderful and peaceful life, DUE in great part to our Veterans. The most violent or dangerous situation I have ever been in was that dirt clod fight in 4th grade. Thus, I always thought someone could be stretched so slightly, only to hear the story of a veteran stretched further, then another stretched even more further, and so on.

The takeaway that particularly bothers me the most and quite frankly makes me mad, is that our government is very good at taking a civilian and turning them into a warrior. On backside of this though, they are not so good at returning the warrior back into a civilian.

There are so many others I could talk about, but lastly, I contend that while their DD-214 (discharge paper) states an end date to their service, that for far too many veterans, their sacrifices continue.

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

Ageism Matters

Responding To Ageist Comments



Kris & Sara

It's the time of year when many of us connect with loved ones. It can also be the one time of the year when multiple generations come together.

While this can be a rewarding and lovely experience, it can also cause tension. Maybe it has been a while since you connected. Life circumstances have changed - health, jobs, relationships - and there is re-connecting to do.

In the midst of all this, it isn't hard for our biases and stereotypes to show up. We make assumptions, and we may be at the receiving end of these characterizations.

In anticipation, older children and young adults are steeling themselves for the inevitable unsolicited advice from older relatives. Older adults are getting ready for someone something about how you wouldn't know how to use (name your technology) and then just leaving you out of the conversation.

This holiday, let's try something

new. Don't make assumptions about what people know or can do based on their age. Ask them a question instead. Find a way to include them in ways that respect their experience.

Listen more and be curious. We don't all share the same experiences and opinions, but when we listen, we can better understand each other - and may find that we share more than we thought.

Be ready with a response to ageism. Check out the Speak Up tools on our Resources webpage for ideas. Here's one to start: If someone says something ageist, ask them what they mean? Sometimes just trying to explain yourself helps you see where you slipped up.

Let's make an effort this holiday season to change our narrative about aging. It could be the start to a whole new attitude in the new year.

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

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Social Security Today

We're Making It Easier To Do Business With Us Online

We've listened to your feedback concerning your preference to do business with us online. You want the option to submit forms, evidence, and other information electronically. You also want to sign documents electronically before submitting them.

This year we released eSignature/Upload Documents as an option to submit documents. This new, online service option allows our employees to electronically request, and our customers to electronically submit, 50 forms and nearly 80 types of evidence. This option eliminates the need to mail, fax, or deliver information to a local Social Security office. By streamlining our document submission process and reducing mail, we are improving the way you do business with us.

How Does it Work?

1. Our employee sends the customer a link with the request for the forms and evidence we need to process their application.

2. The customer authenticates by signing in to, or creating, their personal my Social Security account at www.ssa.gov/myaccount. The customer then reviews the request, completes the form, electronically signs (when signatures are required), and uploads the completed forms and any supporting evidence to our portal.

Note: Customers have 30 days to electronically submit requested information and may receive an email reminder. If the electronic request expires, they can contact our office to ask for a new request or submit the forms and information by mail, fax, or by visiting an office.

To learn more about Upload Documents, visit our FAQ webpage at faq.ssa.gov/en-US/Topic/?id=CAT-01360.

Online Forms and Signature Removal

In addition to the eSignature/Upload Documents option, we are converting many of our frequently used forms to more convenient online versions. Customers will have the option to complete a user-friendly, fillable online form, then electronically sign and submit it.

Some of our frequently used forms now available to sign and submit electronically include:

- SSA-827, Authorization to Disclose Information to Social Security Administration.
- SSA-820/821, Work Activity Reports.

- SSA-632, Request for a Waiver of Overpayment Recovery.

- SSA-634, Request for Change in Overpayment Recovery Rate.

We have removed the signature requirement for 12 of our most used forms. These forms include:

- SSA-L4201, Employer Requesting Wage Information.

- SSA-789, Request for Reconsideration/Disability Cessation Right to Appear.

- SSA-787, Statement of Patient's Capability to Manage Benefits.

To learn more about the removal of signature requirements from certain Social Security forms, check out our YouTube video Signature Removal from SSA Forms at www.youtube.com/watch?v=vmben-skPo4&t=2s.

Whether you do business with us online, by phone, or in person, we're committed to making it easier for you. We continue to explore more opportunities to make doing business with us easier. Please share this information with others.



Carol Darrow

I caught myself explaining that "back in the olden days of 1999," genealogy research was very limited. I wanted to share the trials and tribulations associated with researching in a relatively new online area of research. You may have heard that we actually sent a letter through the postal system to request a copy of a marriage record. We even had to enclose a personal check to pay for the document.

Ancestry.com came online in April 1996. I signed up in 1998 and thought I was pretty progressive. Of course, the offerings were limited. It took several years for the massive load of original records to become available. In the meantime, we relied on bulletin boards that posted random family surname information. We also had the USGenWeb that offered information by state and county. It relied on volunteers who posted lists of cemeteries and marriage

records. Ancestry added new records every month and we waited to celebrate the posting of our long-awaited record group.

Flash forward to the present. We have an embarrassment of riches. Social security applications and claims information, German church records, Mexico censuses for 1930, wills and probate records going back before the Revolutionary War. There are hundreds of records that you may not even know are available either free at the public library or with an at-home subscription. Maybe you are just starting out and have no idea how these records could help you.

Here are a couple of suggestions. Look for records that report the event as it happened, when it happened. Then use some sort of citation method to remind yourself where you found that information. Over the years I have learned that there is always more to learn.

Carol Cooke Darrow teaches free online Beginning Genealogy classes on the second Saturday of each month. Register at cogensoc.us to receive the zoom link.



The Maguires say

"There's No Place Like Home Instead!"

Carol and Mike Maguire purchased their Home Instead business in March of 2006. Their home care agency has provided over 4 million hours of care to older adults in Northern Colorado during that time. They've also provided meaningful employment to over two thousand Care Professionals. Most importantly, they've been blessed to work with a dedicated team of Key Players in the office, who will continue to provide excellent customer service to families in the area.

The Maguires move from Nebraska in 2006 with two small children, and one on the way, was quite an adventure! They've since added two more children and love every part of raising their family here in Northern Colorado. They are actively involved in their faith community and thoroughly enjoy supporting some of the great non-profit organizations in the area.

Mike has been the emcee of the Professionals for Seniors organization for 18+ years. This networking group has over 500 geriatric care professionals on its email list and regularly has over 100 members at its monthly gatherings. Mike feels that the group has bridged the gap between Larimer and Weld County organiza-

tions to better serve our greatest generation. It takes a village to care for our older adults. The PFS group works hard to ensure that these folks know of the many resources available to them!

Carol and Mike recently sold their Home Instead franchise to spend more time with family. The new owners are seasoned Home Instead owners from Colorado and they plan to build on the strong reputation that Home Instead has in our community. The Maguires are eternally grateful for the families who have trusted their loved ones with Home Instead. They are even more grateful for the wonderful, caring individuals who treat care giving as their vocation. We wish them well!



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Now Coloradans can add their Driver License and State ID to Samsung Wallet

The Colorado Division of Motor Vehicles (DMV) announced in November that Coloradans can add their Driver License or ID to Samsung Wallet. This feature provides a fast, safe, and convenient digital version of the state-issued driver license or ID card.

With the option to add their driver license or state identification (ID) card to Samsung Wallet, Coloradans can then quickly and securely present it by tapping their phone or showing a QR code at select Transportation Security Administration (TSA) security checkpoints, including those within Denver International Airport (DEN).

“Colorado is at the forefront of digital innovation aimed at improving customer service,” Executive Director Heidi Humphreys said. “We are committed to helping Coloradans save time with greater convenience and security. Our goal is to ensure that all residents in the state can easily enjoy these essential elements of daily life.”

Colorado is one of the pioneering states to roll out identification cards that can be stored in digital wallets. This feature is exclusively accessible to individuals with valid Colorado-issued driver licenses or

IDs. However, residents of Colorado must still have their physical driver license or ID card on hand.

At this time, Samsung Wallet is only accepted at select airport TSA security checkpoints nationwide, including at DEN.

When Colorado ID is added to Samsung Wallet, Coloradans have the option to open Samsung Wallet and either tap or scan the QR Code to verify their identity using a TSA digital identity reader at select TSA security checkpoints. Afterward, the device will prompt users with the specific information requested by the TSA. Additionally, the TSA reader takes a photo to complete the verification process.

All information is shared digitally, so users do not need to show or hand over their device to present their ID. Adding a Colorado ID to Samsung Wallet keeps Coloradans' IDs safe, with an extra layer of security built into their phones.



Help Donate to Your Favorite Charities with Colorado Gives Day!

Colorado Gives Foundation is a community foundation with a mission to make good things happen by connecting people, ideas, and nonprofits. Statewide, we created ColoradoGives.org, a year-round giving platform that makes it easy for individuals and businesses to support nonprofits, and for nonprofits to raise the funds they need to grow their impact.

Last year, \$69 million was raised by over 124 thousand donors to 4,000 non-profit organizations! By using their website, donors can give to their favorite charities. Many charities have their own webpage on this beneficial website for donors to participate!

Every nonprofit on ColoradoGives.org is a 501(c)(3) organization dedicated to serving Colorado. Every donation made and processed during Colorado Gives Day (Nov. 1 – Dec. 10) is boosted by one of the largest Incentive Funds in the country. All nonprofits receive a percentage of the fund equal to the percentage they raise for Colorado Gives Day. Raise 10%, get 10% of the Incentive Fund. Ready to join

us? Fundraise year-round for free, simplify the donation process, access educational resources, create custom giving pages, and participate in Colorado Gives Day every year. The more you give to your favorite charity, your charity could receive an extra incentive donation!

Become a new monthly donor, and they will match your first gift up to \$100. Starting November 1, if donors set up a new recurring monthly donation on ColoradoGives.org, Colorado Gives Foundation will match your first month's gift, dollar for dollar, up to \$100 with a total match in a pool of \$250,000 across all organizations!

Since launching Colorado Gives Day in 2010, Coloradans have donated \$469 million for thousands of nonprofits statewide. Held each December, it's become Colorado's biggest giving movement, bringing communities together to support nonprofits.

This Colorado Gives Day, you can help make good things happen by donating to your favorite charities. One gift at a time!



Find Einstein



Can you find the hidden Einstein in this paper?

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Ron Stern's Travel Series

Loveland's Da Big Kahuna Tiki Bar & Grill

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

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

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

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

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

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

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

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

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



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Greeley Housing Authority

Friendly Fork Daily Menu December 2024

Monday, December 2	Pork Green Chile Stew, Cilantro Chicken Tacos on Corn Tortillas, Salsa & Sour Cream, Peppers & Onions, Apricots, 1% Milk
Tuesday, December 3	Cranberry Harvest Chicken Breast with Gravy, Festive Cooked Cabbage, Vegetable Pasta Salad, Orange Slices, 1% Milk
Wednesday, December 4	Beef Lasagna, Creamed Spinach, Pickled Beets, Mixed Fruit, 1% Milk
Thursday, December 5	Pork Spare Ribs, Baked Sweet Potato with Butter, Corn & Lima Bean Succotash, Pineapple, 1% Milk
Friday, December 6	Cheeseburger with Onion, Tomato, Pickles, Ketchup, Mustard & Mayo, Spiced Roasted Vegetables, Diced Pears, 1% Milk
Monday, December 9	BBQ Chicken Sandwich with Tomato & Pickles, Broccoli / Olive / Sundried Tomato Salad, Cheddar Cheese Snack, Honeydew, 1% Milk
Tuesday, December 10	Honey Balsamic Pork Loin with Roasted Red Pepper Sauce, Cheesy Cauliflower, Quinoa Tabbouleh, Apple, 1% Milk
Wednesday, December 11	New England Clam Chowder with Bacon, Crackers, Breadstick, Chicken Caesar Side Salad, Banana, 1% Milk
Thursday, December 12	French Dip Sandwich with au Jus, Seasoned Pinto Beans, Sautéed Squash, Cantaloupe, 1% Milk
Friday, December 13	Chicken Thigh with Gravy, Wheat Roll with Butter, Quinoa / Kale / Almond Sauté*, Peas, Orange Slices, 1% Milk
Monday, December 16	Prime Rib, Horseradish Sauce, Wheat Roll & Butter, Roasted Potatoes, Green Beans & Bacon, Cranberry Dream Salad*, 1% Milk
Tuesday, December 17	Chicken Fried Steak with Mashed Potatoes & Country Gravy, Roasted Winter Vegetables, Apple Crisp, 1% Milk
Wednesday, December 18	Chicken & Dumplings, Peas & Pearl Onions, Orange Slices, Honey Blueberry Cheesecake Bar, 1% Milk
Thursday, December 19	Prime Rib, Horseradish Sauce, Wheat Roll & Butter, Roasted Potatoes, Green Beans & Bacon, Cranberry Dream Salad*, 1% Milk
Friday, December 20	Glazed Ham, Barley Butternut Squash Pilaf with Almonds*, Carrots & Parsnips, Mandarin Oranges & Grapes, Pumpkin Bar, 1% Milk

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!

Upcoming Events:
Christmas Lunch
December 6 | 11:30 a.m.

Celebrate the magic of the season with a festive feast with joy, great food, and live music. Call 970-350-9440 to register.

Travel Opportunities:
Rome and the Country Roads of Tuscany

March 25, 2025- April 2, 2025
Explore the heart of Rome and Tuscany, offering a perfect blend of relaxation and unforgettable experiences.

Holland Windmills & Rhine River Castles Cruise

October 12-21, 2025
Take a leisurely cruise through Europe passing through Holland, France, Germany, and Switzerland.

Contact Bryant Vickroy, Recreation Coordinator, for more information at 970-350-9426 or email Bryant.vickroy@greeleygov.com.

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://greeleyco.portal.civicclerk.com>. For more information, about 50+ travel programs and events, visit GreeleyActiveAdultCenter.com

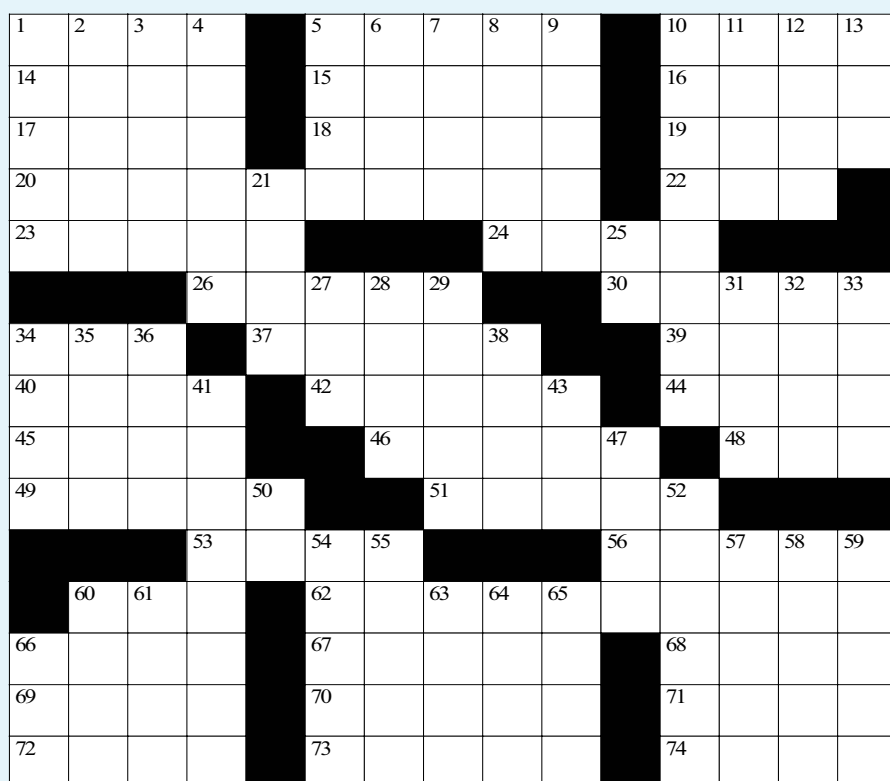
The Ruby Slippers

The so-called movie buff thief who stole Judy Garland's "Wizard of Oz" slippers 20 years ago apparently believed that the shoes were bejeweled with real rubies, according to the Associated Press. In 2005 the thief shattered the display case in the Judy Garland Museum in Grand Rapids, Minnesota and stole the iconic footwear. The shoes were recovered in a sting operation after a man approached the shoes' insurer and said he could help get them back. The slippers are now up for bidding by Heritage Auctions in Dallas, TX they expect to select a buyer by December 7.



50 Plus Marketplace News Crossword Puzzle

December 2024
Answers page 10



ACROSS

- 1 Rip
- 5 Behind
- 10 Ailing
- 14 Codlike fish
- 15 Pertaining to a lobe
- 16 Doing nothing
- 17 Seaward
- 18 Dropsy
- 19 Inert gaseous element
- 20 Well-off
- 22 Cereal grass
- 23 Roofing stone
- 24 Distribute cards
- 26 Vessel used for private cruising
- 30 Steps
- 34 Acquire
- 37 Landed proprietor of Scotland

DOWN

- 1 Melts
- 2 Artist's support
- 3 Pack leader
- 4 Real estate
- 5 On sheltered side
- 6 Predict
- 7 Second son of Adam and Eve
- 8 Famous
- 9 Commerce
- 10 Study of China
- 11 Notion
- 12 Semisolid mass
- 13 Understanding
- 21 Make healthy
- 25 Similar to
- 27 Call of the crow
- 28 Rent
- 29 Something special
- 31 Having wings
- 32 Disease of the nervous system
- 33 Appear
- 34 Spurt
- 35 Sewing case
- 36 Tarpaulin
- 38 Individual facts
- 41 German princely family
- 43 Small cask
- 47 Nuclear weapon
- 50 Not off
- 52 Privateer
- 54 Garden flower
- 55 Steer
- 57 Soul
- 58 Wearies
- 59 Perfume
- 60 Repeat
- 61 Republic in SW Asia
- 63 Children's book author
- 64 Killer whale
- 65 City in NW France
- 66 Strike lightly

- 71 Augury
- 72 Chinese secret society
- 73 Staff again
- 74 Frighten