

50 Plus Marketplace



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

November 2024 • Volume 30 • Issue 11

Public Safety Communications Director Receives National Award

For her professionalism and dedication in leading the Weld County Regional Communications Center (WCRCC) and 911 dispatching efforts, Tina Powell has been named Director of the Year by NICE Public Safety. The recognition was made in October when NICE announced its “2024 PSAPs’ Finest Award” winners. Powell is one of nine recipients: eight individuals, one 911 center to be recognized by the agency nationwide for excellence in emergency communications.

“We have an amazing team. I think we have the right people in the right places. I appreciate the recognition, but it’s more about my staff,” Powell said. “We’re doing good things, and this award means I’ve had an impact on our people, and they trust me. That’s really the most important thing.”

Since 2011, Powell has served in many different capacities in the WCRCC. In 2016, she served as the WCRCC communications manager before becoming director

of the WCRCC and Weld County Public Safety Communications in 2021. In her time as the director, she has overseen the implementation of Central Square in 2022, a new public safety software system which has brought many efficiencies to 911 dispatching. The 911 staff has been expanded to include a quality assurance team and training division, which has helped 911 dispatchers be as effective as possible.

This award is far from the first for the Weld County Department of Public Safety Communications. In 2020, the WCRCC was named the nation’s top public safety answering point by NICE. Most recently, the WCRCC was reaccredited by the International Academies of Emergency Dispatch. Additionally, in the past three years, more than 70 Weld County dispatchers have received internal Lifesaver Awards for their efforts to save lives of those calling 911.

While Powell believes these ac-

complishments are solely due to the dispatchers, radio staff, quality assurance and leadership teams, Laurie Pfeiler, Deputy Director of Weld County Public Safety Com-

munications, said Powell’s leadership is undeniable. “She embodies fearlessness and tenacity,” Pfeiler said of Powell’s leadership. “She is a tireless advocate who consistently makes bold, courageous decisions in unwavering support of our mission.”

“No one expects to have to call 911, but when they do, it’s important we respond quickly and professionally,” said Kevin Ross, Weld

County Commissioner Chair. “This award, and the many others received by the WCRCC, shows our continued commitment to excellence.”



Weld County Communications Director Tina Powell

Weld County Celebrates Veteran’s Day!

The Weld County Veterans Memorial has a great program scheduled on Veterans Day, Monday, November 11th that starts at 11 a.m. We schedule two programs each year, one on Armed Forces Day in May and one on Veterans Day. Our Memorial is located at Bittersweet Park on 16th Street and 35th Avenue.

Here’s the tentative program we have scheduled; Presentation of the Colors – Greeley Police Department, National Anthem – Greeley Central High School Choir, Pledge of Allegiance – All Attending, Invocation – Pastor Eric Ebbinghaus – Generations Church, Welcome & Introduction of Guests – Shawn Harmer, Master of Ceremonies, Mayor’s Proclamation, Music – Brentwood Middle School Band, Speak-

er – Martin Lind, Music – Brentwood Middle School Band, How to Fold A American Flag – Union Colony Marine Corps League Detachment 1093, Recognition – Our Honored Guests – WWII and Korean War Veterans, Benediction – Pastor Eric Ebbinghaus – Generations Church, & Rifle Salute and Taps – Union Colony Marine Corps League Detachment 1093.

If you know or have a World

War II or Korean War Era Veteran, please have them attend!

Our Memorial was dedicated in 1996. We add names of Weld County Veterans that served twice a year, and we currently have over 17,000 names. Individual names are listed in the era they served which includes Civil War, Spanish American War, World War I, World War II, Korean War, Vietnam War, and one category which includes the Gulf War, Iraqi Freedom, and Enduring Freedom.

We have a committee of seven individuals who serve on our committee that help raise money and work to maintain the memorial. These individuals include Shawn Harmer, Rich Hannan, Stan Graffis, Robert Klausner, Rick Wertz, and Larry and Debbie Frazier.



INSIDE

Semper Fi
Page 2

Constitution Week
Page 3

Home Safety
Page 4

Resource Guide
Page 7

Hands In Praise
Page 11

Geriatric Conference
Page 14

NOVEMBER Calendar

Thursday/7

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.

Monday/11

Join Greeley as they will be hosting their annual Veterans Day ceremony at Bittersweet Park on November 11th at 11:00 a.m.

Saturday/23

University of Northern Colorado hosts the Bailey Choral Festival with guest conductor Simon Carrington featuring Haydn's Lord Nelson Mass at 7:30 pm at the Campus Commons Performance Hall & Online. Purchase tickets form \$5 to \$25 at <https://tickets.unco.edu/>.

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

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

Check individual venues for current information

Calendar sponsored by:
Beyers Law

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Veterans Echoes

Semper Fi To Country And Community



Brad Hoopes

1st Sgt Duan J. Rockette is a good example of so many Veterans, in that his service to our country and community didn't end for him on the exit date found on his discharge papers. The foundation of who he is can be attributed to his mother Connie and the Marine Corps.

Duan was raised by his single mother, with whom he said embodied resilience, tenacity and grit. He then joined the Marines to challenge himself, serve his country, and

further hone those qualities that his mother instilled in him.

After serving 22 years in the Marine Corps, he transitioned into a career in real estate. Right away he wanted to honor and support the Veteran community in St. Louis where he had settled. That first year he organized a company sponsored Veterans Day breakfast celebration with 23 people. He continued the program during a four-year tour in Omaha. Eventually he landed at The Group Real Estate, Inc. In 2022 they hosted their first Annual Veterans Breakfast. The Can-Do attitude and passion of this Marine and the Partners at The Group has grown the breakfast from that initial

23 people in 2016 to a projected 776 people on the upcoming 3rd Annual Breakfast on the 8th.

"November holds special significance for me with two important events: the Marine Corps birthday and Veterans Day. Before starting the annual Veterans breakfast, November was a challenging month for me. It now has become a source of strength and motivation, turning the month into a time of celebration and connection.", he said.

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



A Day For Them To Be Kind To Themselves



A caregiver panel moderated by Lara Hanines of Pathways. Lara posed a series of vital caretaker questions. Each panel member answered sharing their experiences which were, to be sure, heartwarming.

And, that day was a recent CAREGIVER APPRECIATION DAY. Caregivers were warmly welcomed to their Day enjoying a continental breakfast, a lunch buffet, programs, visiting with vendors, listening to heartwarming stories, being pampered and witnessing the presentation of Caregiver of the Year Awards.

Those awards were presented to: Kelly Mills, Rose Alison, Courtney Walsh, Karen Hill and Connie Johnson. They had been nominat-

ed to be considered for the award. The keynote speaker was Kathi Miracle. She gave an uplifting, enlightening and inspiring presentation.

The program was co-emceed by Sheri Lobmeyer, Recreation Coordinator II and Michael Buckley, Associate Publisher 50 Plus Marketplace News.

All and all, the program was one of true appreciation and genuinely to the liking of everyone in attendance.



(l-r) Keynote Speaker Kathi Miracle and Sheri Lobmeyer smiling approval of the Caregiver Appreciation Day.

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Published by
50Plus Media Solutions, Inc.
Ault, Brighton, Erie, Fort
Morgan, Greeley, Sterling, &
Windsor

50 Plus Marketplace News, Inc., is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

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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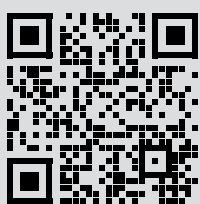
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Printed on Recycled Paper

National Constitution Week Event Is Successful!

In September, the American Legion Academy hosted the fourth annual "Blessings of Liberty" National Constitution Week event at the Severance High School. After the introduction by Masters of Ceremonies (MC) Bob Schaffer, the presentation of colors (our flags) by the Weld County Sheriff's Office, National Anthem sung by Kevin Lundberg, opening prayer by Jaime Rodriguez, Pledge of Allegiance by Ascent Classical Academy students, and the awards ceremony to various Weld County K-12 school students by Weld County Commissioner Lori Saine. Prize money was provided by Veterans Plaza of Northern Colorado.

Keynote speaker Thomas Krannawitter, PhD, gave a memorable speech on slavery and independence on "Tragedy & Triumph: The Greatest Anti-Slavery Movement Ever." As Dr. Krannawitter pointed out, slavery has existed for

over 11,000 years. The U.S. was only involved in slavery about 250 years ago, but was fully abolished in 1862 by our Congress. Many other nations followed the U.S. in abolishing slavery.

MC Bob Schaffer gave another memorable speech, PATRICK HENRY'S "Give Me Liberty or Give Me Death" on the creation

of our freedom, the Declaration of Independence, and the Constitution of the U.S.

Thanks to the Daughters of American Revolution for creating our National Constitution Week, the Northern Colorado Colonial Patriots, and organizer Mary Zenzen and her staff for supporting this annual event!



Pictured (l-r) Bob Schaffer, Mary Zenzen, & Dr. Thomas Krannawitter

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Pierce Senior Center

Julie Lukela sees many older adults walk into the Pierce Senior Center on a weekly basis to socialize with each other. And most every Tuesday, one patron Luke-la affectionately calls "the puzzle guy," strolls across the tan carpet and past the pool table to sit down at a card table that houses puzzle boxes and a half-finished puzzle. His wife, on the other hand, joins Julie Lukela and the other women to chat about life and compete in fun trivia games.

While the town owns the senior center, it's run by the Pierce Senior Center nonprofit, of which Lukela is a member. She loves seeing the joy the space brings to the people who enter its doors. She is even more excited for older adults to come to the center now that the

dining room has new walls — the previous walls were wood paneled — and a ceiling that isn't teeming with asbestos. And in the coming months, the bathrooms, which are not compliant with Americans with Disabilities Act (ADA) regulations, will be upgraded along with the tiny kitchen off the dining room.

"The center has been around since the 1970s and hasn't really been updated since," Lukela said, while looking at the wood-paneled walls, carpet and tiny kitchen. "For an older adult, having modern amenities in a place where they come to socialize is key."

These improvements are being completed to the tune of \$120,000 from Weld County's Community Development Block Grant

(CDBG) program. The benefits to the seniors who visit the center are further emphasized when Lukela thinks about not having access to the CDBG program.

*Courtesy of Weld County Roots
By Shaley Dehner, Communications Specialist*



Weld Area Agency on Aging

Home Safety Program

The Weld County Area Agency on Aging has openings for the Home Safety Program to assist Weld County residents 60 years and over. The Home Safety Program is a voucher program intended to help low-income, minority, and frail older adults obtain grab bars in their homes that will reduce fall risks and increase safety.

This program is a reimbursement program that may provide funding up to \$400.00 to be used towards the cost of materials and installation. Applications are required for the program and they must be approved prior to any work being started. Once an applicant is approved, the applicant must find a licensed contractor to complete the work and pay for the



Gabi Snyder

services rendered. Participants will then get a reimbursement up to the \$400.00 amount. Any cost over the reimbursement amount will not be covered by the voucher program.

For anyone renting a house or apartment, a property owner consent form will be required, as not all rental circumstances are eligible. The Home Safety Program Coordinator must approve services before work can be done. For referrals or more information, please contact Gabi Snyder at (970) 400-6133 or gsnyder@weld.gov.

We Care

Veterans Day Quotes

Veterans know better than anyone else the price of freedom, for they've suffered the scars of war.

A hero is someone who understands the responsibility that comes with his freedom." ...

Our debt to the heroic men and valiant women in the service of our country can never be repaid.

To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory. Woodrow Wilson

The highest obligation and privilege of citizenship is that of bearing arms for one's country." General George S. Patton Jr.

It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle." Norman Schwarzkopf

I respect every soldier, from every country, who serves beside us in the hard work of history. Ameri-

ca is grateful, and America will not forget." George W. Bush

The only easy day was yesterday." U.S. Navy SEALs

Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened." Billy Graham

Only our individual faith in freedom can keep us free." Dwight D. Eisenhower

"Freedom is never free." Unknown

Some people live an entire lifetime and wonder if they have ever made a difference in the world, but the Marines don't have that problem." Ronald Reagan

Any nation that does not honor its heroes will not long endure." Abraham Lincoln

I joined the Army because they said I'd get to see the world. All I saw was Texas and Louisiana." Bob Hope

"Never was so much owed by so many to so few." — Winston Churchill



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Technology is Hip!

Two New Electrical Pain Relievers Seem Promising!



Bob Larson

After watching several recent TV programs, two electrical pain relievers using nerve stimulation hold promise on relieving chronic

pain in your legs, back, arthritis, or even neuropathy.

Transcutaneous Electrical Nerve Stimulation (TENS) devices have been used by physicians, physical therapists, and other health care professions for decades to manage pain, and are recommended for treatment of chronic pain by the American Society of Anesthesiologists in their practice guidelines.

The first 1998 product is by a U.S. manufacturer NeuroMetrix called Quell. Quell Relief pads are a wearable pain relief technology wrapped around your calf that provides prescription-strength nerve stimulation. It is designed for use during the day while active and at night when sleeping. It is comfortable to wear and stays in place.

Quell is an FDA Class II medical device. The product automatically adjusts for the level of pain relief required. You can vary the pain setting, and track your activity level, pain, and sleep using the

Quell Relief app on your smartphone. The cost is \$299 plus replacement electrodes at \$30.

The second electrical pain reliever device is medically implanted probes into the affected area in your back to relieve chronic pain. It's called a spinal cord stimulator. More than 30,000 people annually undergo surgery to implant a spinal cord stimulator to relieve chronic pain. Spinal cord stimulator implantation involves two procedures. The first is a "trial" procedure. The second, if the trial succeeds, will involve full surgery to implant the pulse generator or battery.

A spinal cord stimulator involves attaching one or more electrical leads are implanted into the spinal area. The leads are connected to a pulse generator, which generates the electrical current that will stimulate the spinal cord. The TENS devices are FDA and Medicare approved. This is another great use of technology to benefit the human race. Bob Larson is a technologist and Marketing Director for 50 Plus!

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A Scary Story

It took her 35 years but an unidentified woman in Washington state recently found out that "feeding raccoons may create undesirable situations," according to the Department of Fish and Wildlife. Some 100 of the critters recently

surrounded her home demanding food and scaring her, she said. As the experts put it, "feeding raccoons may create undesirable situations and often lose their fear of humans and may become aggressive when not fed as expected."

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Tongue In Cheek

When 37-year-old Ambra Colina, who hails from Bologna, Italy, sticks her tongue out at you you're bound to make a double take. It's bigger than a ping pong ball. In fact, it's so big that the Guinness judges have declared it to be a world record breaker. Her tongue's

circumference is 5.44 inches in size. According to Guinness, until now, "her tongue inflating was simply a fun party trick to impress her friends. And after doing some research, she realized she could very well hold the female record.

Colorado Gerontological Society

LEAP Funds Start November 1 to Help With Utility Bills



Eileen Doherty

As winter approaches, many individuals, including older adults, are concerned about the high cost of utility bills, how to keep warm, and pay the bills.

Income limits have increased so more people qualify. Starting November 1, LEAP helps to pay for some of the heating bill, meaning it will pay for gas, electricity or wood, depending on which form of utility you use to heat your house.

To be eligible for LEAP, if you are renting or a homeowner, you must have the utility bill in your name with the local utility company such as Xcel Energy or Black Hills. If utilities are included in your rent, provide a rent receipt or a lease showing that the utilities are included in your rent. Residents living in a subsidized housing are not eligible for LEAP.

Your income must be less than

\$3382/month for a single person or \$4423/month for a couple. Income limits are higher if you live in a multi-generational or mixed status household. Resources are not counted.

Apply at Colorado PEAK and click the "Energy" tab to complete the application. Upload a copy of your driver's license or proof of legal identity, proof of income, your utility bill or lease agreement showing you pay the utilities (or a rent receipt showing the utilities are included in the rent).

If you are approved the payment will be sent to your utility company. If your utilities are included in your rent, you will receive a payment on your EBT (or SNAP) card that you can use for non-food purchases or redeem as cash.

If you want to submit a paper application, call 303-333-3482 or 1-855-293-6911 to have an application mailed to you.

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

Reflections

Traveling The Friendship Miles

In a recent out of state trip, we had the opportunity to visit with a number of friends. As we drove, I thought about these friendships over the many years and miles.



Martha Coffin Evans

Memories of our meeting each other, establishing decades-long connections, along with many fun adventures filled the long drive. I've heard we're fortunate if we have friends from past work places, organizations or events.

I began wondering what makes these life-long friendships so special even across the miles. Perhaps one aspect is our being able to pick up conversations, or stories, where we last left off.

Sharing trips, whether domestic or foreign, has added to miles of smiles. Reunion meals, skiing, riding in a dog sled, soaking in hot springs, watching horse races, enjoying historical sites on river trips, or dodging icebergs, all evoke never-ending memories.

Holidays shared, whether with family members at home or abroad, have added to their significance. Being invited to join my friend's family for Thanksgiving, when I was away from home, was so appreciated. In turn, inviting

others to join our table when their families were elsewhere meant a lot.

I've enjoyed birthday celebrations with several of these long-time friends. My December birthday-mate and I traveled out of the country several times to celebrate our natal day. One year, I "locked" myself into my apartment so not to be disturbed by my across the hall neighbor while I created a German Chocolate Cake for her surprise birthday celebration.

For years, another group of friends and I gave ourselves a 49ers party. Attendees could be 49 plus or minus. Celebrating together mattered more than our respective ages.

If I totaled the years of knowing these special friends, it certainly would be in the hundreds. So too would be the countless memories.

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




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A Gourd Garden

It's pumpkin time and British farmer Ian Nelson is celebrating with a new "pumpkin mosaic" consisting of 10,000 pumpkins and squashes. His farm, located in Sunnyfields Farm, near Totton, Hampshire in the UK, won the 2023 Guinness World Record and he's hoping to do it again this year. According to Nelson, "All of the pumpkins in the mosaic are naturally colored, a lot of them are

edible and they're the same pumpkins we've got around the fields that visitors can pick up, put in their wheelbarrow and buy to take home," he said.



Genealogy Rocks!



Carol Darrow

“Where, Oh Where, Is Uncle Fred Buried” is the third installment of the All Things Cemetery series. It will be free on Zoom on Saturday, November 2, 2024 from 9 am – noon. The presentation will explore mysteries, mistakes, misinformation and misdirection that hamper us as we seek to locate the final resting place of our ancestors. Unknown and unidentified burial locations have been covered by concrete, asphalt, or in my case, the runway at Atlanta’s Hartsfield-Jackson Airport. Some are on private land surrounded by corn fields.

Hasty removals often happened in advance of the creation of a lake or reservoir. Caskets were hurriedly moved to other cemeteries. Cheeseman Park in Denver is believed to contain more than 4,000 bodies that were never claimed in the removals from Mt. Prospect.

Colorado was not always the final resting place for people who died here. Victims of mine disasters and death from tuberculosis were transported back to their homes in the East.

There are many state and local

death record sites but they may not point to a burial location. Findagrave.com may provide a burial site but no birth or death dates. Family researchers may have to search through newspapers, church records and probate records to answer the question of burial location.

The Cemetery Records Preservation Project is a significant endeavor to save Colorado cemetery records and make them available to researchers through local libraries. An online database is in the plans.

The Colorado Historic Cemetery Association and the Colorado Council of Genealogical Societies are co-sponsoring this event. To register for this free event, use the link <https://www.eventbrite.com/e/all-things-cemetery-part-iii-where-oh-where-is-uncle-fred-buried-tickets-1038340342917?aff=oddtcreator>.

Carol Cooke Darrow is a professional genealogist, researcher and lecturer located in Denver. She teaches Zoom classes on beginning genealogy and writing up the family tree. Register for classes at cogensoc.us.

We Care

Ageism Matters Feeling Better About Aging



Kris & Sara

How do you feel about your age? Many of us have negative views about aging. This negativity is both inaccurate and limiting. Age discrimination can come from both the inside and outside.

Maybe we take less care of our health because we are old. We might say we are “too old” to learn something new, when truly our ability to learn doesn’t end. Collectively, we spend billions on anti-aging products and put ourselves down for not “aging well,” which often means not appearing to age at all.

It is hard to counter our culture’s ideas about older people, but not impossible. Here are some responses to common objections:

“But we have to laugh at ourselves”

Not everyone appreciates jokes about old people. Humor is a great asset, but humor isn’t all the same. Humor can help or hurt. What are we laughing at? Are we laughing because it’s true or because we think we have no choice? Let’s question the beliefs behind the jokes.

“Aging is hard and you are glossing over the challenges”

No doubt aging comes with challenges. But, negativity becomes a self-fulfilling prophecy when we accept it as the whole truth. Aging is more complicated. Along with the hard things, it can bring wisdom and understanding.

“I can still run for miles.”

That’s great. But, when we equate aging well with not changing, we severely limit our options to enjoy life. Not everyone can run for miles, even when young. There are many ways to live a satisfying and meaningful life.

Time to drop negative attitudes about not being young and get to living.

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



Pets Are Family Keeping Our Pets Safe During Thanksgiving



Judy Calhoun

Thanksgiving is a time for food, family, and fun, including our wonderful furry friends! But keep in mind the hustle and bustle of the holiday can pose unique risks to pets. By following a few simple guidelines, you can ensure that your furry friends stay safe and comfortable during the festivities.

Watch What They Eat

Thanksgiving meals often include rich and fatty foods that can upset a pet’s digestive system. Keep pets away from foods like turkey skin, bones, stuffing, and anything seasoned with garlic, onions, or chives, which are toxic to most pets. Instead, consider pet-friendly treats or plain, unseasoned turkey in moderation.

Mind the Decorations

Holiday decorations like candles, centerpieces, and festive plants (like poinsettias) can be hazardous. Candles can easily be knocked over, posing a fire risk, and many holiday plants are toxic if ingested. Keep decorations out

of your pet’s reach or opt for pet-safe alternatives to reduce the risk.

Provide a Safe Space

Guests and loud noises can be overwhelming for pets. Create a quiet, comfortable space where your pet can retreat if the holiday excitement becomes too much. This can be a

bedroom or a cozy spot with their bed and favorite toys.

Be Careful with Doorways

With people constantly coming and going, pets can easily slip outside unnoticed. Make sure your pet has a collar with identification tags, and consider microchipping if you haven’t already. Keep a close eye on doors, or place gates to keep pets from sneaking out.

As always, consult with your veterinarian if you have specific concerns about your pet’s needs throughout the holiday season. By being mindful of these potential hazards, you can ensure your Thanksgiving is a safe and enjoyable celebration for both you and your pets! Nocohumane.org.

Thanksgiving Quotes

“The more you practice the art of thankfulness, the more you have to be thankful for.” — Norman Vincent Peale

“I can’t cook a Thanksgiving dinner. All I can make is cold cereal and maybe toast.” — Charlie Brown, “A Charlie Brown Thanksgiving”

“Abundance is not a result you create. It is an existing state you recognize.” — Ralph Waldo Emerson

“Many people will walk in and out of your life, but only true friends will leave footprints in your heart” — Eleanor Roosevelt

“When you wish someone joy, you wish them peace, love, prosperity, happiness ... all the good things.” — Maya Angelou

“We must find time to stop and thank the people who make a difference in our lives.” — John F. Kennedy

“Reflect upon your present blessings — of which every man has many — not on your past misfortunes, of which all men have some.” — Charles Dickens

“There is no doubt that it is around the family and the home that all the greatest virtues ... are created, strengthened and maintained.” — Winston Churchill

The average time for eating a Thanksgiving dinner is 12 minutes, which, incidentally, coincides with halftime.” — Erma Bombeck

“You can tell you ate too much for Thanksgiving when you have to let your bathrobe out.” — Jay Leno

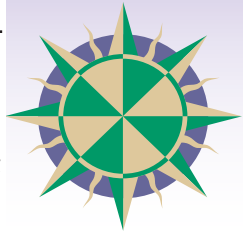
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Right At Home

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Lisa Bradford



ANSWERS ON AGING RESOURCE GUIDE

Disclaimer: This list is not intended to be inclusive of the wide range of services that are available for older adults. This list presents the most common numbers that are requested by older adults and their families. Weld County Area Agency on Aging is released from any liability and claims no responsibility for any services rendered by the listed agencies. For more information call 970-400-6952

For Older Adults in Weld County published 3 times a year by:



Weld County Area Agency on Aging

Adult Day Programs

Easter Seals Colorado WINGS. 1656 Topaz Dr, Lvd	970 669-2777
Elderhaus Adult Day Program. 6813 South College Ave, FtC	970 221-0406
InnovAge Colorado PACE, North 1303 East 11th St, Lvd	970 800-5500
TRU PACE. 2593 Park Lane, Lafayette	303 665-0115

Adult Protective Services

Adult Protective Services (APS) Education 315 North 11th Ave, Bld C, Grl	970 400-6109
Adult Protective Services (APS) Reporting 315 North 11th Ave, Bld C, Grl	970 400-6700

Advance Directives

Alzheimer's Association 2695 Rocky Mnt Ave Lvd	970 392-9202
Colorado Legal Services 912 8th Ave, Grl	970 353-7554 x101
Systems of Care Initiative (SOCi) 1175 58th Ave, Grl	970 449-6840
UCHealth Senior Services/Aspen Club	970 495-8560

Caregiver Support

Alzheimer's Association 24/7 Helpline	800 272-3900
Colorado Respite Coalition www.coloradospitocoalition.org	303 233-1666
Dementia Together 8403 Castaway Dr, Windsor	970 305-5271
Family Caregiver Support Program 315 North 11th Ave, Bld C, Grl	970 400-6130
Parkinsons Association of the Rockies 1325 S. Colorado Blvd Suite 204-B Dnv	303 830-1839

Case Management

A Care Management Group, Inc. 104 Hummingbird Place, Bth	970 726-4597
A Woman's Place 970 351-0476 / 24/7 Crisis Line	970 356-4226
ADRC Options Counseling 315 North 11th Ave, Bld C, Building C, Grl	970 400-6952
Catholic Charities of Weld County 1442 North 11th Ave, Grl	970 353-6433
Connections for Independent Living 1331 8th Ave, Grl	970 352-8682
Dementia Together 8403 Castaway Dr, Wdr	970 305-5271
Envision: Early Intervention/Developmental Disabilities 1050 37th St, Evans	970 339-5360
InnovAge Colorado PACE, N. 1303 East 11th St, Lvd	970 800-5500
North Colorado Health Alliance 2930 11th Ave Evans	970 350-4673
Options for Long-Term Care 315 North 11th Ave, Bld C, Grl	970 400-6950
The Sexual Assault Victim Advocates 921 8th Ave Cr, Grl (970) 506-4059 / 24/7	970 472-4200
TRU PACE 2593 Park Lane, Lafayette	303 665-0115

Case Management – Private Pay (Older Adults)

Covell Care & Rehabilitation, LLC 2350 Limon Dr, FtC	970 204-4331
Life Changes Care Management	970 999-5169
Senior Life Solutions, LLC 343 West Drake Rd, Ste 110 FtC	970 282-7975

Chore Services

Chore Service Program 315 North 11th Ave, Bld C, Grl	970 400-6133
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Consumer Affairs/Legal

AARP	(888) 687-2277
Colorado Consumer Line	(800) 222-4444
Colorado Legal Services 912 8th Avenue, Greeley, CO 80631	(970) 353-7554

Consumer Fraud (District Attorney) 915 10th Street, Greeley, CO 80631	(970) 356-4010
Green Path Debt Solutions	(970) 229-0695
Medicare Advocacy, Quality of Care (KEPRO)	(844) 430-9504
Alzheimer's Association	24/7 Helpline 800 272-3900

Counseling and Support Groups

American Cancer Society, 8221 W. 20th St, Ste A, Grl	970 356-9727
Banner Hospice Bereavement Services, 2726 W. 11th St Rd, Grl	970 352-8487
Community Grief Center 2105 Clubhouse Dr, Grl	970 506-4114
Connections for Independent Living 1331 8th Ave, Grl	970 352-8682
Dementia Together 8403 Castaway Dr, Windsor	970 305-5271
Grandparents Raising Grandchildren Program 315 North 11th Ave, Bld C, Grl	970 400-6133
Kinship Support Group	970 353-6433
Moving Forward – Brain Injury Support Group 2774 Reservoir Road, Grl	970 506-0008
North Range Behavioral Health 145 1st St, FtL	970 347-2420
North Range Behavioral Health 4943 Highway 52, Ste 205, Frederick	303 857-2723
Parkinson's Support Group 1090 43rd Ave, Grl	303 830-1839
Pathways for Grief & Loss 305 Carpenter Road, FtC	970 663-3500
Pennock Center for Counseling 211 South 21st Ave, Brighton	303 655-9065
The Sexual Assault Victim Advocate Center (SAVA) 921 8th Ave Court, Grl	970 506-4059
UCHealth Senior Services/Aspen Club (Medicare counseling)	970 495-8560

Dental Assistance

Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl	970 400-6629
DentaQuest (Medicaid)	855 225-1729

Durable Medical Equipment

Aerocare 3640 West 10th St, Grl	970 584-1020
Alliance Medical Group 914 11th Ave, Grl	970 353-3316
Banner Home Medical Equipment 1990 59th Ave, Ste 300, Grl	970 810-6420
Certified Prosthetics & Orthotics 1620 25th Ave, Ste A, Grl	970 356-2123
Don Paul Respiratory 965 59th Ave, Unit C, Grl	970 356-0210
Frontier Access & Mobility 819 E Mulberry, Ftc	970 223-8267
Good Day Pharmacy Eaton, Greeley, Johnstown & Longmont	970 461-1975
GoodHealthWill 2393 West 27th St, Ste 52-B, Grl	970 515-6935
Grace Medical Supplies	866 514-7223
Home Safety 315 N 11th Ave, Grl	970 400-6305
Lincare 2533 11th Ave, Grl	970 356-1506
Physician's Choice Medical 7000 Broadway, Ste 200, Denver	303 429-7300
RCC 3109 35th Ave, Ste C, Grl	970 356-9078
Shield Healthcare 18150 East 32nd Pl, Unit c, Aurora	800 525-8049

Elder Abuse (including Scams and Fraud)

Adult Protective Services: 315 N. 11th Ave, Grl	Edu 970 400-6109 /Report 970 346-7676
Colorado Consumer Line/AARP Foundation, Elderwatch	800 222-4444 option 2



Cognitive Care That Connects Families.

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Together with clients and families, we:

- **Empower:** We help clients maintain their sense of self through supporting them in setting and reaching goals.
- **Engage:** We deliver ability-driven, person-centered care, while actively engage clients to participate in their own care.
- **Encourage:** We promote lifestyle factors known to minimize cognitive decline.
- **Educate:** We provide families with the knowledge to be our care partners.



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Secure Memory Care Services

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Stimulating activities and cognitive therapy.

Ager's Resource Guide

Long-Term Care Ombudsman 315 N. 11th Ave, Grl 970 400-6128

Employment

Division of Vocational Rehabilitation 5250 Hans Peak Dr, Ste 120 Lvd 970 235-7072
 SER – Senior Community Service Employment Program 877 872-5627
 Weld County Employment Services 315 N. 11th Ave, Grl 970 400-6731

Energy Assistance

Energy Outreach Colorado 300 825-8750
 Energy Resource Center (weatherization) 3543 South Lincoln Ave, Ste 2, Lvd 970 617-2801
 Low-Income Energy Assistance Program (LEAP) 866 432-8435 / Furnace Repair (855) 469-4328

Financial Assistance

Assurance Wireless (cell phones) 888 321-5880
 Carbon Valley Help Center 150 Buchanan Ave, Firestone 303 833-6626
 Catholic Charities of Weld County 1442 North 11th Ave, Grl 970 616-8615
 Salvation Army 1119 6th St, Grl 970 346-1661
 Social Security Administration 5400 West 11th St, Grl 800 772-1213 / Grl Office 877 405-9195
 United Way 2-1-1 814 9th St, Grl 2-1-1 or 970 353-8808
 Weld County Department of Human Services 970 352-1551 option 4

Food

Carbon Valley Help Center 150 Buchanan Ave, Firestone 303 833-6626
 Food Assistance Program 2950 9th St, Fort Lupton 303 857-4052
 Food Assistance Program 315 N. 11th Ave, Grl 970 352-1551
 Friendly Fork 970 400-6132
 King Soopers Homeshop Delivery Service 800 677-5464
 Meals on Wheels 2131 9th St, Grl 970 353-9738
 Meals on Wheels 300 1st St, Firestone 303 833-3021
 RSVP Volunteers in Service 970 515-5125
 Salvation Army 1119 6th St, Grl 970 346-1661
 United Way 2-1-1 814 9th St, Grl 2-1-1 or 970 353-8808
 Weld Food Bank 1108 H St, Grl 970 356-2199

Health Education and Wellness

Community Wellness Line (NCMC) 1801 16th St, Grl 970 810-6633
 UCHealth Senior Services/Aspen Club 970 495-8558
 Weld Aging Well 315 North 11th Ave, Bld C, Grl 970 400-6117

Hearing Assistance

Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl 970 400-6629
 UNC Speech-Language Pathology & Audiology Clinic, Gunter Hall, 501 20th St, Grl 970 351-2012

Home Care Agencies/Home Health

A Little R & R Home Care 1966 West 15th St, Ste 1, Lvd 970 667-1067
 Accent Care 4065 St Cloud Dr, Ste 200 Lvd 979 346-9700
 Altitude Home Care 1023 39th Ave, Ste L, Grl 970 352-5433
 Amada Senior Care 2850 McClelland Dr, Ste 1900, Ftc 970 237-5747
 Amazing Care Home Health Services, Inc. 5285 McWhinney Blvd, Ste 160, Lvd 970 286-6980
 America's Best Home Care, Inc. 3760 Vance St, Ste 200-A, Wheat Ridge 720 431-7974

Andrea's Angels 3819 Saint Vrain St, Unit D, Evans
 Angels of Care Pediatric Home Health 1515 Fortin Blvd, Ste 150 Pueblo
 Argus Front Range Home Care 720 S. Colorado Blvd, Ste. 600N, Glendale
 Banner Home Care 5628 West 19th St, Ste 1, Grl
 Bayada Home Health Care 5285 McWhinney Blvd, Ste 140, Lvd
 BrightStar Care 918 13th St, Grl
 Canyon Home Care and Hospice 4850 Hahns Peak Dr, Ste 100, Lvd
 Caring Hearts 6801 West 20th St, Unit 207, Grl
 Charter Healthcare of No CO 3855 Precision Dr, Ste 120, Lvd
 Colorado Home Care 2102 South Garfield Ave, Lvd
 ComForCare Home Care 541 Garden Dr, Unit O, Ste 100, Windsor
 Complete Home Health Care 2095 W. 6th Ave, Ste 209, Brm
 Elevate Home Care 310 Lashley St, Ste 109, Lngt
 Encompass Home Health Care 2171 Citrine Ct., Lvd
 Family Home Health Services 1790 30th St, Ste 350, Bldr
 Family Tree Private Care 636 Coffman St, Ste 102, Lngt
 First Light Home Care 361 71st Ave, Ste 104, Grl
 Home Helpers 9101 Pearl St, Thornton
 Home Instead 251 Boardwalk Dr, FtC
 Homewatch CareGivers 1220 West Ash St, Windsor
 HomeWell Senior Care 3001 N. Taft Ave, Ste 100, Lvd
 Humble Horizon Home Health LLC 242 Linden St. Ste 204, Ftc
 InnovAge Colorado PACE 1303 East 11th St, Lvd
 Interim Health Care 2000 Vermont Dr. Ste 100, FtC
 Maxim Healthcare Services 3665 John F. Kennedy Pkwy, Bld2, Ste 330, Ftc
 PASCO 9197 West 6th Ave, Mb 100, Lakewood
 PeopleCare Health Services 200 East 7th St, Ste 416, Lvd
 Preferred Home Health 2802 Madison Square Dr, Ste 100, Lvd
 Right at Home 300 E. Mulberry St, Ftc
 Senior Helpers 1051 South 6th St, Grl
 Seniors Helping Seniors 2290 E Prospect Rd, Ste 6, Ftc
 Synergy Homecare 2919 17th Ave, Ste 215, Lngt
 Team Select Home Care 3855 Precision Dr, Ste 150, Lvd
 TRU PACE 2593 Park Lane, Lafayette
 Visiting Angels 5441 Boeing Dr, Nb 200, Lvd

970 352-4124
 719 299-0244
 800 288-3961
 970 810-6222
 970 282-8500
 970 999-0535
 970 330-5655
 970 378-1409
 970 667-2273
 970 635-2970
 970 460-9947
 720 652-0292
 303 357-5631
 970 493-8500
 720 274-5974
 720 204-6083
 970 515-5025
 720 442-8156
 970 494-0289
 970 674-9723
 970 461-4799
 970 305-0301
 970 800-5500
 970 472-4180
 970 493-9300
 303 233-3122
 970 399-8714
 970 776-1970
 970 494-1111
 970 658-8228
 970 484-8445
 720 204-5788
 970 206-8288
 303 665-0115
 970 292-5668

Home Repair/Weatherization

Habitat for Humanity 104 North 16th Ave, Grl 970 351-6766
 Home Weatherization/Energy Resource Center 3543 South Lincoln Ave, Ste 2, Lvd 970 617-2801
 Urban Renewal 1000 10th St, Grl 970 350-9380
 Weld County Housing Authority 903 6th St, Grl, 970 353-7437

Homeless Shelters and Services

Cold Weather Shelter (Nov 1–Apr 15, 7 p.m.–7 a.m.) 820 28th St., Grl 970 353-3720
 Guadalupe Community Center and Shelter 1442 North 11th Ave, Grl 970 353-3720
 Housing Navigation Center 2930 820 28th St., Grl 970 515-6281

Hospice and Palliative Services

AccentCare 1180 Main St, Ste 9, Windsor 970 346-9700
 Auburn Crest Hospice 2680 Abarr Dr, Lvd 970 775-7022
 Banner Hospice of Northern Colorado 2726 West 11th St Rd, Grl 970 352-8487
 Bristol Hospice 3770 Puritan Way, Unit E, Frederick 970 619-8378
 Canyon Home Care and Hospice 350 East 7th St, Ste 2, Lvd, 970 330-5655

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This is a solicitation for insurance. For accommodations of persons with special needs at meetings, call the agent phone number and TTY 711.

Ager's Resource Guide

Charter Healthcare of Northern Colorado 1562 Taurus Ct, Lvd
 Colorado Visiting Nursing Association 6750 West 52nd Ave, Arvada
 Pathways 2525 West 16th St, Ste C, Grl

970 667-2273
 970 535-0870
 970 356-4090

Hospitals and Clinics

Banner North Colorado Emergency Care 2000 70th Ave, Grl
 Greeley Emergency and Surgery Center (UCH) 6906 10th St, Grl
 North Colorado Medical Center 1801 16th St, Grl
 Salud Clinic 1860 Egbert St, Brighton
 Salud Clinic 1115 2nd St, Fort Lupton
 Salud Clinic 5995 Iris Pkwy, Frederick
 Sunrise Adelante Clinic 1010 A St, Grl
 Sunrise Health 2930 11th Ave, Evans
 UCHHealth Grl Hospital 6767 West 29th St, Grl

970 810-2636
 970 392-4320
 970 810-4121
 303 697-2583
 303 697-2583
 303 697-2583
 970 313-0400
 970 353-9403
 970 652-2000

Housing: Assisted Living State Licensed

Aladdin 15 South Ash St, Keenesburg
 Assisted Living at Greeley 218 1/2 10th St, Grl
 Birch Assisted Living 1819 Birch Ave, Grl
 Bright Assisted Living 610 Hemlock Dr, Windsor
 Brookdale Greeley 1999 West 38th Ave, Grl
 Charleston Assisted Living 2866 Ironwood Circle, Erie
 Charleston at Keenesburg 195 Gandy Ave, Keenesburg
 Columbine Commons 1475 Main St, Windsor
 Coyote Creek Memory Care 1150 4th St, Fort Lupton
 Garden Square at Westlake 3151 West 20th St, Grl
 Garden Square of Greeley 1663 29th Ave Place, Grl
 Good Samaritan Water Valley 1831 Compassion Ct, Windsor
 Grace Pointe 1919 68th Ave, Grl
 Greeley Village 1090 43rd Ave, Grl
 The Bridge 4750 25th St, Grl
 The Lodge 4430 24th St Rd, Grl
 Maxwell Center 1700 7th Ave, Grl
 MeadowView of Greeley 5300 West 29th St, Grl
 Memorial Park 1805 32nd St, Evans
 Planet View Assisted Living 3705 Carson Ave, Evans
 Stephens Farm Brain Injury Campus 2778 Reservoir Rd, Grl
 WindSong at Northridge 7010 West 8th St, Grl

303 732-4856
 970 515-6952
 970 346-1150
 970 674-1446
 970 330-9500
 720 645-1196
 720 645-1196
 970 449-5540
 303 857-1921
 970 346-1222
 970 336-9063
 970 674-5511
 970 304-1919
 970 646-4850
 970 339-0022
 970 939-5700
 970 353-1956
 970 353-6800
 970 351-6547
 970 330-5133
 970 506-0008
 970 449-7199

Housing: Greeley/Evans Subsidized / Low Rent

Birchwood Apartments 2830 27th St Ln, Grl
 Broadview Apartments 2915 West 8th St, Grl
 Camelot Apartments 1726 8th Ave, Grl
 Centennial Village Apartments 2205 37th St, Evans
 Chinook Wind Apartments 6616 10th St, Grl
 Fox Run 1300 60th Ave, Grl
 Greeley Manor 1000 13th St, Grl
 Greeley Senior Housing 1717 30th St, Grl
 Greeley/Weld Housing Authority 903 6th St, Grl
 Hope Apartments 2730 28th Ave, Grl
 Housing Navigation Center 2930 11th Ave, Evans
 Immaculata Plaza 530 10th Ave, Grl
 Island Grove Village 119 14th Ave, Grl

970 330-6206
 970 352-9305
 970 339-2444
 970 330-1160
 970 353-2778
 800 466-7722
 970 356-5489
 970 395-0822
 970 353-7437
 970 339-2444
 970 515-6281
 970 356-0610
 970 356-2808

Joe P. Martinez 1701 2nd St, Grl
 La Casa Rosa 1011 C St, Grl
 Meeker Commons 505 9th Ave, Grl
 Peakview Trails 1512 60th Ave, Grl
 The Pine at Southmoor 2162 30th St, Grl
 Twin Rivers Apartments 6616 10th St, Grl
 University Plaza 1534 11th Ave, Grl
 Woodside Village Apartments 144 East 24th St, Grl

970 356-2332
 970 353-7437
 970 378-9393
 970 353-7437 x1011
 970 356-4059
 970 353-1433
 970 353-9275
 970 356-5991

Housing: Seniors Only Non-Subsidized

55 Resort Apartments 500 Apex Dr, Windsor
 Good Samaritan Society Fox Run 1720 60th Ave, Grl
 Good Samaritan Society Water Valley 805 Compassion Dr, Windsor
 Greeley Place 1051 6th St, Grl

970 372-0494
 970 353-7773
 970 686-2743
 970 351-0683

Housing: Weld County (Sub/Low Rent)

Ault: Villa Fourteen 214 Birch Ave, Ault
 Dacono: Senior Apartments 412 7th St, Dacono
 Eaton: Benjamin Square 55 Juniper Ave, Eaton
 Erie: Victor F. Smith Senior Housing 800 High St, Erie
 Fort Lupton: Adams Park 451 Rollie Ave, Fort Lupton
 Fort Lupton: Columbine Court 400 2nd St, Fort Lupton
 Fort Lupton: Crane Court 240 South Denver Ave, Fort Lupton
 Hudson: Prairie View 1151 Main St, Hudson
 Johnstown: Columbine Complex 202 North Grl Ave, Johnstown
 Keenesburg: Timberwood 250 East Woodward Ave, Keenesburg
 Kersey: Latham Manor 109 1st St, Kersey
 Milliken: Dove Valley Senior Community 1101 Sandpiper Ln, Milliken
 Windsor: Century III 1027 Walnut St, Windsor
 Windsor: Governor's Farm 701 6th St, Windsor

970 834-1570
 970 353-7437
 970 454-3338
 303 832-1302
 303 857-4056
 303 857-4400
 303 857-4400
 303 536-4501
 970 587-2600
 303 732-4221
 970 351-8229
 970 667-3232
 970 686-5576
 970 686-9650

Information and Referral

ADRC 315 North 11th Ave, Bld C, Grl
 Carbon Valley Help Center 150 Buchanan Ave, Firestone
 Catholic Charities 1442 North 11th Ave, Grl
 Eldercare Locator (National)
 United Way 2-1-1

970 400-6952 / State: 844 265-2372
 303 833-6626
 970 353-6433
 800 677-1116
 2-1-1 or 970 353-8808

In-Home Services

In-Home Services Program 315 North 11th Ave, Bld C, Grl

970 400-6305

Medicaid/Medicare

Medicaid 2950 9th St, Fort Lupton
 Medicaid 315 North 11th Ave, Bld C, Grl
 Medicare - Claims
 Medicare Counseling (SHIP - Aspen Club)
 Medicare Quality Improvement Organization (KEPRO)
 State Health Insurance Assistance Program (Colorado SHIP)

303 857-4052
 970 352-1551 / Hotline 800 221-3943
 800 332-6681
 970 495-8560
 844 430-9504
 888 696-7213

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TO LEARN
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November 1st- Favorite Team Jersey Day and Live Music with Danny Spencer at 1pm
November 8th- Live music with Greeley Singer Citizens- AMAZING Group- 2:30 pm
November 15th- Scenic Drive at 10am
November 22nd- Building your Future and Fondue Dipping- 2pm Guest speaker TBD.
November 29th- Movie Matinee and Snacks 1pm

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AT GREELEY**
A CENTURY PARK COMMUNITY

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EXCEPTIONAL ASSISTED LIVING

Ager's Resource Guide

Crisis Support Services 928 12th St, Grl (walk-in 2 4/7/365)
 Geriatric Behavioral Health Unit 1000 Lincoln St, Fort Morgan
 Johnston Heights Behavioral Health 4770 Larimer Parkway, Johnstown
 National Suicide Prevention Lifeline 24/7/365
 North Range Behavioral Health

970 347-2120
 970 542-4357
 970 323-7709
 800 273-8255
 970 347-2120

Nursing Homes

Broadview Health and Rehabilitation Center 850 27th Ave, Grl
 Columbine Commons Health and Rehab 1475 Main St, Windsor
 Fairacres Manor 1700 18th Ave, Grl
 Grace Pointe 1919 68th Ave, Grl
 Life Care Center of Greeley 4800 25th St, Grl
 Pelican Pointe Health and Rehabilitation Center 710 3rd St, Windsor
 The Center at Centerplace 4356 24th St Rd, Grl
 Westlake Lodge 1637 29th Ave Place, Grl

970 353-1017
 970 449-5540
 970 353-3370
 970 304-1919
 970 330-6400
 970 686-7474
 970 702-7400
 970 356-8181

Ombudsman

Long-Term Care Ombudsman 315 North 11th Ave, Bld C, Grl

970 400-6128

Personal Alert Systems

American Medical Alert/ VRI 350 East 7th St, Ste 11, Lvd
 Argus Home Health Care 720 South Colorado Blvd, Ste 600-N, Denver
 Banner Lifeline 5628 West 19th St, Ste 1, Grl
 Ever Present Systems PO Box 136, Longmont
 Guardian Medical Monitoring
 Interim Health Care 2000 Vermont Dr, Ste 11, FtC
 LifeFone
 PeopleCare Health Services 200 East 7th St, Ste 416, Lvd
 Phillips Lifeline
 Sunrise Community Clinic 2930 11th Ave, Evans
 United Way 2-1-1 814 9th St, Grl

866 686-7504
 303 322-4100
 970 810-6756
 303 956-7269
 888 349-2400
 970 472-4180
 800 331-9198
 970 480-0529
 855 737-3604
 970 353-9403
 2-1-1 or 970 353-8808

Prescription Assistance

Sunrise Community Clinic 2930 11th Ave, Evans
 United Way 2-1-1 814 9th St, Grl
 Weld County Prescription Discount Card 1555 North 17th Ave, / 1150 O St, Grl

970 353-9403
 2-1-1 or 970 353-8808
 970 400-2380

Respite Care: Day

Elderhaus Adult Day Program 6813 South College Ave, FtC
 Envision 1050 37th St, Evans
 Family Caregiver Support Program 315 North 11th Ave, Bld C, Grl
 Homestead Adult Day Care 1380 Tulip St, Longmont

970 221-0406
 970 339-5360
 970 400-6130
 303 772-9152

Senior Centers/Recreation

Ault: 204 1st St, Ault
 Carbon Valley: 6615 Frederick Way, Frederick
 Eaton: 1675 3rd St, Eaton,
 Erie: 450 Powers St, Erie
 Evans: 1100 37th St, Evans
 Fort Lupton: 203 South Harrison Ave, Fort Lupton
 Greeley: 1010 6th St, Grl
 Grover: 305 Cheyenne Ave, Grover

970 834-1325
 303 833-2739
 970 454-1070
 303 926-2795
 970 475-1125
 303 857-4200 x6166
 970 350-9440
 970 895-2262

Hill-N-Park: 4205 Yosemite Dr, Grl
 Johnstown: 101 West Charlotte St, Johnstown
 Kersey: 215 2nd St, Kersey
 LaSalle: 101 Todd Ave, LaSalle
 Lochbuie: 501 Willow Dr, Lochbuie
 Mead: 441 3rd St, Mead
 Milliken: 1101 Broad St, Milliken
 Nunn: 775 3rd St, Nunn
 Pierce: 221 Main Ave, Pierce
 Platteville: 508 Reynolds Ave, Platteville
 Rodarte: 920 A St, Grl
 Windsor: 250 North 11th St, Windsor

970 301-5574
 970 587-5251
 970 353-1681 X2
 970 284-0900
 303 659-8262
 970 535-4477
 970 660-5040
 970 897-2459
 970 834-2655
 720 815-8136
 970 350-9430
 970 674-3500

Tax Assistance

AARP Tax Aide
 Aims Community College
 Colorado Property Tax/Rent/Heat Rebate Program
 Internal Revenue Service
 Senior Property Tax Exemption 1400 North 17th Ave, Grl

888 227-7669
 970 339-6679
 303 238-7378
 800 829-1040
 970 400-3650

Transportation

60+ Ride 800 8th Ave, Ste. 229, Grl
 Greeley-Evans Paratransit 1200 A St, Grl
 Greeley-Evans Transit 1200 A St, Grl
 IntelliRide
 Ride NOCO www.rideno.co
 Via Mobility Services 2855 N. 63rd St, Boulder
 Windsor Senior Ride Program (Windsor Only)
 Ztrip 1833 East Mulberry St, Unit A, FtC

970 352-9348
 970 350-9290
 970 350-9287
 855 489-4999
 970 514-3636
 303 444-3043
 970 388-5140
 970 224-2222

Veterans Services

DAV Shuttle Service to Cheyenne/Denver VAMC 1830 8th Ave, Grl
 Northern Colorado VA Clinic 4575 Byrd Drive, Loveland
 Qualified Listeners
 The Northern Colorado Veteran Resource Center 4650 20th St, Grl
 VA Medical Center 2360 East Pershing Blvd, Cheyenne, WY
 VA Medical Center 1055 Clermont St, Denver
 VA Outpatient Clinic 2509 Research Blvd, FtC
 VA Outpatient Clinic 5200 Hahns Peak Dr, Lvd
 Volunteers of America 4650 West 20th St, Ste A, Grl
 Weld County Veterans Services 1008 9th St, Grl

970 352-6188
 970 593-3300
 720 600-0860
 970 888-4249
 888 483-9127
 888 336-8262
 970 224-1550
 970 313-0027
 970 576-6724
 970 400-3444

Vision Assistance

Connections for Independent Living 1331 8th Ave, Grl
 Curtis Strong Center 918 13th St, Ste 4, Grl
 Dental, Vision and Hearing Program 315 North 11th Ave, Bld C, Grl
 Ensign Visual Rehabilitation 1101 Oakridge Drive, Ste C, FtC
 Lions Club
 Low Vision Program 315 North 11th Avenue, Bld C, Greeley, CO 80631

970 352-8682
 970 353-9417
 970 400-6629
 970 407-9999
 970 346-1661
 970 400-6629

Volunteer Opportunities

60+ Ride 800 8th Ave, Ste. 229, Grl,
 Meals on Wheels 2131 9th St, Grl
 Qualified Listeners
 RSVP Volunteers in Service
 United Way 2-1-1 814 9th St, Grl
 Weld County Area Agency on Aging 315 North 11th Ave, Bld C, Grl

970 573-5818
 970 353-9738
 720 600-0860
 970 515-5125
 2-1-1 or 970 353-8808
 970 400-6950

NEED HELP NAVIGATING MEDICARE?



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

- Enrollment.
- Plan comparison.
- Cost and coverage.
- And much more.

SHIP counselors are available in Fort Collins, Loveland, Greeley and Estes Park. All counselors are screened, trained and certified by Centers for Medicare and Medicaid Services (CMS).

Contact the UHealth Aspen Club for assistance: 970.495.8558 or 970.495.8560.



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Hands In Praise Benefit Concert



Hands In Praise (l-r) Robyn Upton, Greeley, Becky Schneider, Greeley, Elaine Mainwaring, Windsor, Catherine Benitz, Greeley, Chris Arbegast, Greeley, Kristi Baker, Windsor, Barbara Hetzel, LaSalle, Kathy Rickart, Greeley.

Is a extremely talented American Sign Language Christian Choir sponsored by Bethel Lutheran Church in Windsor. The Choir recently brought their "HANDS IN PRAISE" to the Christian Church of Windsor Sunday service. Their presence was truly a gift to the congregation. A blessed experience to be sure!

of the "HANDS IN PRAISE" choir, worship God and share our worship in song by signing (ASL) in American Sign Language. We believe by using ASL draws us into a deeper level of worship.

For more information about "HANDS IN PRAISE" please contact Choir Director Elaine Mainwaring 970-686-5319.

Our Mission: We, the members



Guests beginning to be seated for the soon to start evening program

Here is the story! A Fall Picnic



They took great & fun pleasure in giving a warm welcome to everyone who attended. (l-r) Deedra, ED The Gallery at Fort Collins, The Dementia Together Team: Claire, Amy, Meghan, Robin, and Cyndy, Dementia Together ED.

The fun and enjoyable picnic was hosted by DEMENTIA TOGETHER and held at TIGGES FARM (of pumpkin patch fame) in Greeley.

Deedra Moats and the Gallery sponsored the main dish at the potluck, and the chili was made especially for the event by the Gallery Chef down in Lone Tree, and was driven up to us by Deedra. It was delicious! The potluck was most inviting. Even seconds were available if one was so inclined.

The picnic brought folks together in a community spirit.

A wide range of conversations

took place around the tables. Lots of fun chit-chat. Various activities were available to join in. Kathy Rickert of Tigge's Farm donated the event space free of charge to support Dementia Together.

Walks around the farm were interesting. Everyone was invited to FALL into all the joy, fun and uplifting picnic activities.

Dementia Together is a non-profit organization with a vital mission: "No one has to walk the dementia journey alone." For more information, please call 970-305-5271.



Enjoying each other's company and ready for their table to be called to the potluck feast...

Thirty-eight Years To The Date

Greeley Place opened September 28, 1986. The renovated community celebrated a grand reopening on September 28, 2024. Local dignitaries, residents, family, friends, staff members and other invited guests gathered to witness the official ribbon cutting ceremony marking 38 outstanding and wonderful years of exceptional independent living. Guests were treated to a variety of beverages, hors d'oeuvres and musical entertain-

ment by Suzannah and Bob Harris which brought favorite songs to the listening ear. The event was most enjoyable and fun, too!

For sure Greeley Place has a new look. At Greeley Place Live fully, Feel inspired. The residents' well-being and happiness are at the heart of the community's programming. For more information about SKY Active Living Greeley Place, please call 970-351-0683.



The Greeley Place Team (l-r) left to right. Macki Jurk - Concierge, Jen Craft - Engagement Coordinator, Tommy Butler - City Councilman, Chance Basurto - Community Sales Director, Zach Glanzer - General Manager (getting ready to cut the ribbon with the same ribbon cutting scissors used back in 1986); Caitlyn Warr - PM Chef, Laycee Sanchez - Kitchen Helper, Abbie Berlier - Business Coordinator



CHRISTMAS BOUTIQUE

Saturday, December 7th

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- SILENT AUCTION from 9-2:30 PM
- MEET SANTA CLAUS from 11:30-1:30
Bring Your Camera for Photos!
- FOOD & DRINKS!



Social Security Today

Veterans And Active-Duty Military Members: Social Security Has Your Back!

Veterans Day is on Monday, November 11, 2024. We honor all veterans who served our country and risked their lives to protect us.

If you know a veteran, please let them know about our Military and Veterans webpage at www.ssa.gov/people/veterans.

On that page, we have information about Social Security Disability Insurance (SSDI) benefits for veterans, including:

- How SSDI benefits are different from benefits available through the Department of Veterans Affairs and require a separate application.
- How we expedite the processing of Social Security disability claims for service members.
- Answers to questions asked about Social Security.

Some active-duty military service members are unable to work due to a disabling condition but continue to receive pay while in a hospital or on medical

leave. They should consider applying for SSDI. Active-duty status and receipt of military pay doesn't necessarily prevent payment of SSDI benefits.

Our Military and Veterans webpage is easy to share on social media and with your friends and family. Please consider passing this information along to someone who may need it.

Weld Senior Symposium

The Weld Senior Symposium Committee gathered together after a very successful 2024 Symposium. 222 guests attended the symposium. A wide-range of Sponsors added to the overall success of the event. Guests had the opportunity to visit and talk with sponsors and their representatives about their senior oriented products and services. Several program speakers addressed vital senior issues. Q&A sessions were included for guests seeking additional

information and guidance. Lunch was served along with table time for conversations and comparison of guests' program notes and thoughts.

The committees months of planning, hard work and dedication proved to be just what was needed to insure an event that would benefit all the guests, sponsors, vendors, speakers, volunteers and friends. The Tenth WSS did just that!



(l-r) Michelle Shepard, Nichole Seward, Gabi Synder, Meredith Skoglund, Sheri Lobmeyer, Michael Buckley, Kyla Brubeck, Genelle Davis, Sandra Acevedo.

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Beer For Breakfast



A curtain call for the Beer For Breakfast cast and crew....

Superb talent again appeared on the Windsor Community Playhouse stage. The performers excelled in their portrayals of their parts. Facial expressions were exceptional to pick up on. The inter-action of the performers was outstanding as the play moved along.

A show winner was seen by those who attended. What did you miss?

Four middle-aged buddies reunited for a "guys weekend" complete with old music, cheap beer and enough cholesterol to stop

Superman's heart. They were out to prove they still had it. All was going well until one of them didn't show up...but his wife did!

The performers brought a serious side, a humorous side and a fun side of the show to the enjoyment of the audience.

It is interesting to note, Dallan Wilson, the Director of Beer For Breakfast also had a leading role in the show. Together, he and the entire cast presented a Genuine Winner!



The audience settling in after the show intermission

Dedicated to the Senior Community



The recent P4S gathering was hosted by GOOD-SAM Water Valley. The entire team was on-hand to provide a warm and friendly welcome. Everyone was cordially invited to enjoy a delicious breakfast buffet.

Those whose business is the Senior Community and who are active in Professionals for Seniors recently gathered together to talk about their products, services,

special programs and events. All designed to address the needs of the Seniors. The business of P4S was tended to along with fun and laughter.



P4S members enjoying breakfast, chit-chat and getting ready for the morning program to start.

Elder Law Q & A

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



Bill Beyers

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

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

this legal?

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

Beyers Law LLC is a law firm serving clients throughout Northern Colorado. They specialize in Elder Law, Estate Planning, and Special Needs planning and can be reached at 970-669-1101 or at www.beyers-law.com.



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Attorney General Phil Weiser Issues Warning During 2024 Election

Attorney General Phil Weiser issued a public advisory today to remind Coloradans of their right to vote free from intimidation and to ensure polling places remain secure as the 2024 election approaches. The advisory replaces a previous version issued in 2022 and reflects the enactment of new legislation from Senate Bills 23-276 and 24-131.

The advisory outlines the importance of maintaining a secure, accessible voting process in Colorado, and provides clear guidance on what constitutes voter intimidation. It also details the penalties for violations, which include fines and imprisonment.

Weiser said, "We will not tolerate any attempts to undermine the integrity of our elections, and those who seek to intimidate voters or disrupt poll centers will be held accountable." Highlights from the public advisory:

- **Voter intimidation is illegal:** Under Colorado law, voter intimidation includes threatening, harassing, or coercing voters to influence their decision to vote or refrain from voting. It is punishable by a fine of up to \$1,000, imprisonment of up to 364 days,

or both.

- **No harassment near polling places:** Campaigning or aggressively questioning voters about their citizenship, age, or how they intend to vote within 100 feet of a polling center or ballot drop box is unlawful.

- **Firearms are prohibited:** A new law passed by the legislature this year now prohibits both concealed and open carried firearms (the prior law barred just open carry) within 100 feet of polling locations or ballot drop boxes on election day or during voting periods. Certain exceptions are provided for people on their private property, uniformed security guards, and peace officers.

- **Certified poll watchers only:** Poll watchers must be officially certified and may not interfere with or intimidate voters at any time.

Any person who witnesses or is a target of voter intimidation or election worker intimidation should contact their local law enforcement agency or county clerk and recorder for immediate assistance, or the Colorado Attorney General's Office at ag@coag.gov or (720) 508-6000.

Rocky Mountain Geriatrics Conference

In September, the University of Colorado Anschutz Medical Center's Multidisciplinary Center on Aging in Aurora hosted the 26th annual Rocky Mountain Geriatrics Conference & Community Research Symposium. The two-day event began with an introduction by Dr. Vineet Chopra, Chair for Anschutz's Dept of Medicine and Dr. Cari Levy, Chair of Anschutz's Division of Geriatrics. Ms Jodi Waterhouse, Director of Strategic Partnerships & Programs also provided interim introductions and comments on the day's events.

Many geriatric subjects were covered at the event beginning with a panel of speakers discussing "Transforming Geriatric Care with Artificial Intelligence (AI) Opportunities & Challenges." Dr. Casey Greene, Director of Health AI and Professor commented on how AI has impacted health research. Dr. Elizabeth Goldberg, Associate Professor of Emergency Medicine discussed fall prevention and how patient falling in hospitals is a major problem. Using AI and special monitors has decreased the amount of patients falling by 80%. Also, AI has helped to reduce early sepsis attacks.

Dr. J. Kalpathy-Cramer, an Ophthalmologist, commented on using AI and medical imaging in reducing brain and eye tumors, which has been very beneficial! Dr. Ted Bennett Associate Professor indicated sepsis has been a tough challenge and kills many older adults, however AI has been very instrumental lately in detecting and reducing sepsis attacks.

The next subject on "Sexual Health in Older Adults" was presented by Dr. Helen Coons, Clinical Director of Health Psychology Solutions. Dr. Coons commented it's OK for older adults to have sex! She indicated emotions change as we grow older, and many have diminished sexual functions. Always seek professional help for any sexual problems and don't rely on the Internet to solve your sexual problems!

Dr. Dan Matlock, professor of geriatrics, presented "Shared Decision Making: Paradise City or

Welcome to the Jungle." Dan indicated 50% is relative and 1% is absolute on decision making between doctor and patient on resolving medical problems. His biggest concern is giving strong risks in any medical decisions to patients. Most patients are not thrilled with therapy. Are doctors risk takers or risk averse on giving advice to patients? Depending on how any therapy is presented to the patient, The bottom line is how many are saved and how many die due to the doctor's decisions?

Dr. Tim Farrell, professor of medicine or University of Utah, presented "Ageism: Uncovering the Invisible "IsM." Tim discussed how ageism affects older adults and how ageism affects this older population. It affects older adults on how they feel and act with others. There are basically three types of ageisms: Interpersonal, Institutional, & Internalized. 50% of the world's population are thought to experience ageism in work and volunteering.

Several break-out sessions were held, which this reporter attended the session on "Aging Health in Rural Communities." Tele-Health Challenges and Benefits" when connecting with palliative care and dementia patients for veterans. Over 4.7 million veterans live in rural areas, thus healthcare is not easily available to this older population. Only 2.7 million veterans are enrolled with any Veterans Affairs (VA) medical center. It's estimated that 62% of veterans have one disability. Because of a lack of VA facilities in rural areas, the VA contracts many rural medical facilities to support the rural veterans.

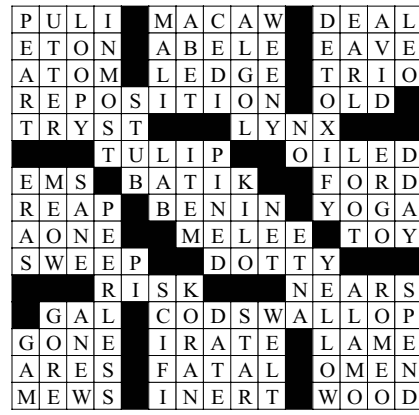
Teleheath is being used by many rural veterans, but 15% of rural veterans have no Internet. Thus those veterans have any type of Internet or cellphone coverage use free tablets or smartphones provided by the VA to connect to their primary provider for healthcare solutions.

Visit our website at www.50plusnews.com in the Denver edition webpage and Latest News to see the remainder of this article.

Find Einstein



Can you find the hidden Einstein in this paper?



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Dr. Cari Levy & Jodi Waterhouse

Ron Stern's Travel Series Bar Lazy J Guest Ranch, Parshall, Colorado

Nestled alongside the majestic Colorado River, Bar Lazy J Guest Ranch has been welcoming travelers to its unique brand of Western hospitality for more than 100 years. With fourteen rustic cabins, this is "The oldest continuously operating guest ranch" in the state. The owners say it offers a "step back in time" for families looking to reconnect with nature and themselves. Providing great food, abundant activities and personalized service, the ranch is one family getaway with life-changing possibilities.

Hands-on owners, Jerry and Cheri Helmicki oversee all aspects of ranch operations along with Tammy and Chad Yurich who also handle most administrative duties. From the time a guest arrives for their seven-day stay, every staff member knows their names



Pot roast, noodles and sides

and escorts them to their respective cabins. After a group orientation, families can sign up for any number of adventures. These include horseback trail rides, zip lining, trap shooting, fly fishing, and nature walks just to name a few.

Each of the cabins has the basic amenities including comfy beds,



Owners Jerry and Cheri

bathrooms, showers, coffee makers, and refrigerators. Some alcohol can be purchased on-site, but you might want to bring your own, in addition to your favorite beverages.

You won't go hungry here with ample portions served for breakfast, lunch and dinner. They also can accommodate most dietary concerns. Other amenities include a swimming pool, hot tub, petting zoo with cute baby goats, a library, and a recreation barn for activities like line dancing. Horseback riding is a featured activity and 100 well-trained horses ensure every type of rider is paired with the right animal for their needs.

All meals are served in their main dining hall or buffet style on their screened-in river porch. Des-



Jump shot in front of recreation barn

serts are prepared by their talented pastry chef who bakes everything from chocolate chip cookies (available 24/7) to cannoli to tres leches cake (My favorite!). Everything I had was well-prepared, attractively plated and taste-temptingly delicious.

Of all the activities at Bar Lazy J, horseback riding is a guest favorite. Everyone capable is invited to participate, including young "buckaroos." All trail rides are led by their team of wranglers, most of whom have had years of experience. Morning and afternoon



3 ranch staff at breakfast ride along river

rides are offered with choices of scenic (walking only), moderate (some trotting and loping), and adventure (more loping and technical). Drawing inspiration from the spectacular scenery of the Rocky Mountains with you, your horse and the sounds of nature has a way of soothing the most active mind.

One of the best things about Bar Lazy J is that you can do as much or as little as desired. For some, it could be participating in every activity while for others, it might be just relaxing and taking in the surroundings. Whatever you choose, you will discover that Bar Lazy J has something fun to offer the entire family.

This was a sponsored visit, however, all opinions expressed by the author were honestly assessed.



PTC Program Helps with Taxes, Rent, & Heat This Winter

A new program to help Colorado residents with their property tax, rent, and heat is available this winter and in the future. The Property Tax, Rent Heat Rebate [PTC] is available to Colorado residents who qualify based on their income, including people with disabilities and older adults. The program rebate can be up to \$1,044 per year for applicants. The Colorado Department of Revenue is offering the program.

Coloradans might qualify for the PTC Rebate if they are a full-year Colorado resident, who is 65 years of age or older, a surviving spouse 58 years of age or older, or disabled, regardless of age. The rebate amount is based on the applicant's income and expenses.

Colorado residents who feel they meet the requirements should submit a rebate application at <https://tax.colorado.gov/PTC-rebate> or bring it to a Colorado Department of Revenue Taxpayer Service Center, or send the application by US Mail to: Colorado Department of Revenue, Denver, CO 80261-0005.

Primary eligibility requirements for the PTC program are: 1) You lived in Colorado from January 1 – December 31, 2022, 2) Your total income from all sources was less

than \$16,925 for single filers and \$22,858 for married filing jointly.

Applicants also must meet one of the additional criteria as of December 31, 2022: 1) Age 65 or older, 2) You are a surviving spouse, age 58 or older. If you were divorced before your spouse dies, you are not considered a surviving spouse, 3) A disabled person of any age who was unable to engage in any substantial gainful activity for medical reasons.

You also must have qualified for full benefits from January 1 – December 31, 2022 from a bona fide public or private plan or source, based solely on your disability: 1) You paid property tax, rent, or heating bills during the PTC period, & 2) You were not claimed as a dependent on someone else's federal income tax return.

Also available this year is an Income Qualified Senior Housing Income Tax Credit. The Colorado Department of Revenue will use an applicant's available information to evaluate whether applicants qualify for an additional tax credit.

We Care

GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



**Join and open a world
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Membership Fee

\$35 resident, \$50 non-resident

Drop-in fee \$4/per day non-members



Greeley Active Adult Center
1010 6th Street | 970-350-9440
GreeleyActiveAdultCenter.com

Friendly Fork Daily Menu

November 2024

Friday, November 1	Chicken Thigh with Gravy, Scalloped Potatoes, Harvard Beets, Banana, Apricot Walnut Bar*, 1% Milk
Monday, November 4	Pork Carnitas on Wheat Tortillas with Red Cabbage Slaw & Salsa, Black Bean/Corn/Jicama Salad, Orange Slices, Pumpkin Spice Cookie, 1% Milk
Tuesday, November 5	Chicken Breast with Gravy, Buttermilk Biscuit with Butter, Coleslaw, Mixed Fruit, 1% Milk
Wednesday, November 6	Beef Goulash with Egg Noodles, Lima Beans with Bacon, Diced Cantaloupe, Gelatin Parfait*, 1% Milk
Thursday, November 7	Krautburger with Mustard, Marinated Kale Salad, Pineapple, 1% Milk
Friday, November 8	Chicken Parmesan over Wheat Pasta with Marinara, Breadstick, Caesar Side Salad, Diced Pears, 1% Milk
Monday, November 11	Closed in Honor of Veteran's Day
Tuesday, November 12	Beef Stew, Wheat Roll with Butter, Spinach & Mushroom Salad with Balsamic Vinaigrette, Apple, 1% Milk
Wednesday, November 13	Pork Spare Ribs, Baked Potato with Butter & Sour Cream, Asparagus, Banana, 1% Milk
Thursday, November 14	Chicken a La King with Mushrooms over Parmesan Biscuit, Brussels Sprouts with Side of Malt Vinegar, Orange Slices, Strawberry Basil Cheesecake Bar, 1% Milk
Friday, November 15	Beef & Black Bean Chili with Crackers, Corn Muffin with Butter, Carrot Sticks with Spinach Artichoke Dip, Fruit Salad, 1% Milk
Monday, November 18	Hamburger on White Bun with Tomato, Onion, Ketchup, Mustard & Mayo, Low-Fat Cottage Cheese, Steamed Beets, Pear, 1% Milk
Tuesday, November 19	Braised Chicken with Italian Cherry Pepper Sauce, Orzo & Rice Pilaf with Almonds*, Broccoli/Olive/Sundried Tomato Salad, Banana, 1% Milk
Wednesday, November 20	Roast Beef & Mashed Potatoes with Gravy, Peas & Pearl Onions, Apple, 1% Milk
Thursday, November 21	Baked Tilapia with Parmesan Sage Cream Sauce, Macaroni & Cheese, Wheat Roll with Butter, Maple Glazed Carrots, Honeydew Melon, 1% Milk
Friday, November 22	Sweet & Sour Pork over Basmati Rice, Side of Soy Sauce, Edamame, Orange Slices, 1% Milk
Monday, November 25	Roasted Turkey Breast with Gravy, Sage Stuffing, Wheat Roll with Butter, Seasoned Green Beans, Cranberry Relish, 1% Milk
Tuesday, November 26	Glazed Ham, Sweet Potato Casserole, Wheat Roll with Butter, Brussels Sprouts with Cranberries, Pumpkin Crisp, 1% Milk
Wednesday, November 27	Glazed Ham, Broccoli/Rice/Cheese Casserole, Wheat Roll with Butter, Italian Vegetable Blend, Pumpkin Crisp, 1% Milk
Thursday, November 28	Closed – Happy Thanksgiving!
Friday, November 29	Closed

Senior Complex

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Senior Complex

62 and better

Housing Units Available in Dacono and La Casa Rosa

Wheel chair accessible

Rent varies on income

Call
970-353-7437
ext. 1005



Greeley Housing Authority

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:
Veteran's Day Celebration
November 7 | 10 a.m.

Express your gratitude and honor those that have served with a special meal and entertainment. 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

They're Super Spiders

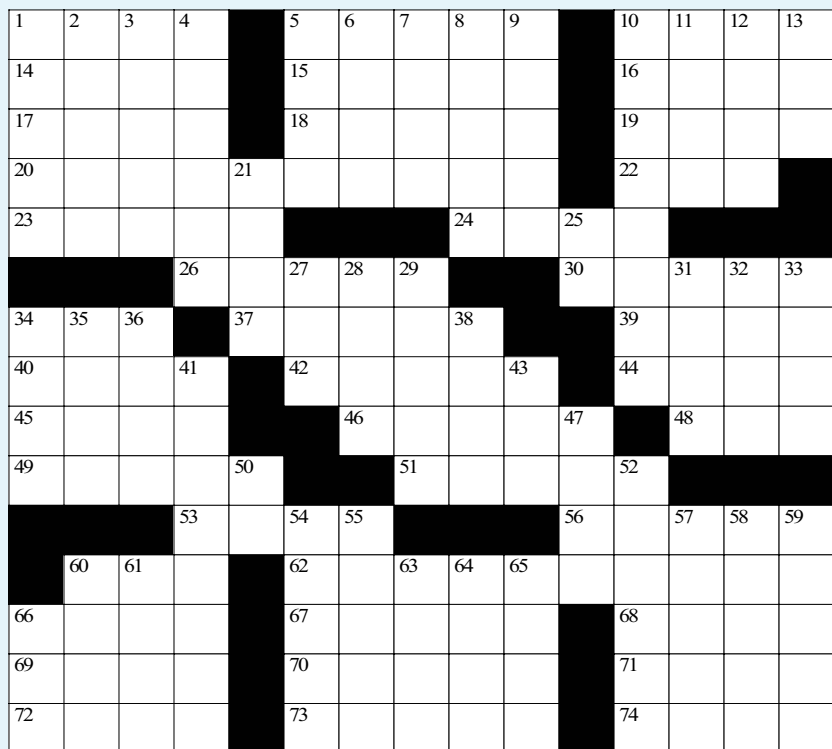
It's mating season for tarantulas in Colorado and the town of La Junta has its share of the spiders – enough to draw tourists from all over the country. In fact, in recent years the town has created a tarantula festival to celebrate the annual event when the arachnids seek their mates. It may sound creepy, but these super spiders aren't as scary as you might think and, in fact, they are an important part of the ecosystem, according to Cara Shillington, a biology professor at Eastern Michigan University. "When you encounter them, they're more afraid of you. Tarantulas only bite out of fear," she said.

We Care

November 2024
Answers page 14

50 Plus Marketplace News

Crossword Puzzle



- ACROSS**
- 1 Hungarian sheepdog
 - 5 Parrot
 - 10 Distribute cards
 - 14 English public school
 - 15 White poplar tree
 - 16 Overhanging lower edge of a roof
 - 17 Smallest component
 - 18 Flat shelf
 - 19 Group of three persons
 - 20 Put in a new position
 - 22 Advanced in years
 - 23 Rendezvous
 - 24 Wildcat
 - 26 Bell-shaped flower
 - 30 Greased
 - 34 Printer's measures
 - 37 Fabric hand-dyeing technique

- 39 River crossing
- 40 Harvest
- 42 Porto-Novo
- 44 Indian exercise method
- 45 First-class
- 46 Confused hand-to-hand fight
- 48 Plaything
- 49 Remove dirt with a broom
- 51 Eccentric
- 53 Hazard
- 56 Approaches
- 60 Girl or woman
- 62 Nonsense
- 66 Departed
- 67 Angry
- 68 Gammy
- 69 Greek god of war
- 70 Mortal

- 71 Augury
- 72 Street of stabling
- 73 Inactive
- 74 Timber

- DOWN**
- 1 Cheerful
 - 2 Speak
 - 3 Full of loops
 - 4 Most intimate
 - 5 Republic in W Africa
 - 6 Encourage in wrongdoing
 - 7 Basic monetary unit of Ghana
 - 8 This star which is also called Beta Persei is the prototype of a class of variable stars called eclipsing binaries
 - 9 Tiny
 - 10 Rid of poison
 - 11 British nobleman
 - 12 Ardent
 - 13 The Lion
 - 21 Stump
 - 25 Negative vote
 - 27 Laboratory
 - 28 Separate article
 - 29 Longed
 - 31 Spoils or plunder
 - 32 Therefore
 - 33 June 6, 1944
 - 34 Periods of history
 - 35 Sound of a cat
 - 36 Having a sound mind
 - 38 Thousand
 - 41 Matchless
 - 43 Open mesh fabric
 - 47 Sicilian volcano
 - 50 The ratio between circumference and diameter
 - 52 Yolk of an egg
 - 54 Science fiction
 - 55 Sacred text of Islam
 - 57 A poplar
 - 58 Lover of Juliet
 - 59 To use up
 - 60 Clotted blood
 - 61 Once more
 - 63 The day of the month
 - 64 Celestial body
 - 65 Wale
 - 66 Leg