

50 Plus Marketplace

NEWS



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

October 2024 • Volume 30 • Issue 10

The Greeley Chorale Begins Their 60th Anniversary in October

Please join the 2024-2025 Greeley Chorale's Diamond Anniversary Season with their theme called A Gem of a Season! The first three events will take place at the UNC Campus Commons, 1051 22nd Street in Greeley which includes From Chant to Broadway on Saturday, October 12th at 7:30 pm, A Shining Christmas on Saturday, December 14th at 7:30 pm, followed by Cabaret & Cabernet on Saturday, February 22nd at 5:30 pm. Their last concert, Classics Past & Present on Saturday, April 5th will be held at the First Congregational Church in Greeley.

Their first concert, From Chant to Broadway, has the Chorale singing numbers from each of the major style periods with an emphasis on audience favorites. Their holiday concert, emphasizes a concert of season favorites, popular Christmas songs, and origi-

nally composed works dedicated to the spirit of the season. Their Cabaret concert is an adaptation that pays homage to the Pops & Pasta legacy. The pre-show reception, silent auction, wine pull, and whiskey drawing will all be back! Enjoy talents of Chorale members in solos and small ensembles, along with a few selections by the entire Chorale.

To conclude the season, the Greeley Chorale presents a new work by beloved American composer Elaine Hagenberg. Celebrating classics "past", the Chorale will close out the concert with the magnificent Requiem of W.A. Mozart.

Created in 1964, the Greeley Chorale has performed in many countries from Australia to the

Vatican. In 2023, the Chorale was inducted into the Greeley Arts Legacy Hall of Fame.

Tickets range from \$10 for basic or wheelchair seating to \$40 for orchestra or box office seats.

Tickets will be available in person at the door on concert nights. To purchase tickets online, visit their website at www.greeleychorale.org/tickets.



Weld County Celebrates 30 Years of Their Household Hazardous Waste Facility

The Weld County Board of Commissioners issued a proclamation in September celebrating the 30th anniversary of the Greeley Household Hazardous Waste (HHW) facility and recognizing the dedication and hard work of HHW staff and their contributions to a cleaner, safer environment.

Since its establishment in 1994, the facility has offered a safe, convenient, and environmentally responsible way for Weld County residents to dispose of hazardous household materials at no cost, keeping these materials out of our landfills, water sources, and ultimately, our communities.

"It's not very often that you get to recognize a program that's been in place for 30 years," said Weld County Department of Public Health and Environment (WC-DPHE) Director Jason Chessher. "With 10 million pounds of hazardous waste being diverted from landfills to this program to be disposed of properly, and servicing over 130,000 customers over the

course of 30 years — that's a milestone worth celebrating."

In our ever-busy world, we rely on an ever-growing and constantly changing supply of electronic products. With newer, more hi-tech electronics continuously becoming available to fit our lifestyles, we are replacing older models at rapid rates with no signs of slowing down. As a result, electronics are becoming one of the fastest growing portions of America's trash.

Recycling acceptable electronics not only helps keep substances,

like lead and mercury, from harming people or the environment, it provides over 120 million pounds of material, including steel, glass, plastic, and precious metals for manufacturing or new products.

In celebrating this important 30th anniversary milestone, the Greeley HHW facility hosted the special anniversary in September. The event featured facility tours, giveaways, refreshments, and an opportunity for residents to learn more about the services offered by the HHW program.



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OCTOBER Calendar

Wednesday/2

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

Thursday/3

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.

Tigges Farm at 12404 County Road 64 1/2 in Greeley has multiple activities thru October 27 from 10am-6pm, open Thursday, Friday, Saturday, & Sunday. Visit their website at www.tiggesfarmllc.com or call 970-686-7225 at to learn more!

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

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

Check individual venues for current information

Calendar sponsored by:
Beyers Law

We Care

Sit Back! Enjoy This Armchair Travel

The folks at Milliken Senior Center did just that. They sat Alaska, Silver salmon were the aim for catching. Rainbow trout



Francisco with a Silver Salmon catch

comfortably in their chairs and traveled to various parts of the world listening to a wide range of travel experiences highlighted by catchy, quite interesting, and revealing escapades of Francisco Oliva a world traveler, sportsman, an accomplished fly fisherman and other activities which caught his attention. A fair share of laughter found its way into his stories. Francisco spoke of seeing a 3-ton Hippopotamus, Elephants (one napping), Leopards, a 13' 1500-pound Crocodile and Cape Buffalos during his visit to Africa. In New Zealand, he observed the living habits of Penguins which he found interesting.

He ventured to Mexico talking about his many saltwater fly-fishing adventures. On the line Tarpou gave him a run for his money. Barracuda were fun to catch.

Next, we found ourselves in

too! He often found himself on a seaplane flying to a remote location where the best fishing is. The pilot on occasion handed the yolk to Francisco. "Here fly the plane!" Other passengers were a bit concerned. "Sit back! Enjoy the ride" said Francisco.

To the amazement of his audience, Francisco related stories about his encounters with bears who are a hazard when flyfishing in remote areas. One such incident involved a 10' 1200 pound Brown bear. Another one unexpectedly coming up on a large Grizzly Bear having lunch on a recent Moose kill. The fishing party left rather

quickly. Francisco explained in detail the safety precautions taken when in the bears home territory. Critically important! They are not to be treated as a friends. Grizzly bears can reach speeds up

to 35|mph; while Black bears can run around 30 mph. That tells the story!

Francisco shared stories about the "Hole in The Wall Gang" in Wyoming and his involvement with a Veterans Fly-fishing club which he finds most rewarding.

He wrapped up things up bringing to the attention of his audience his love for Tango dancing, Country Western dancing, his movie acting career, and rodeoing. Franciscos' love of life spills over in to helping others if given the opportunity.

Written by: Michael Buckley
Associate Publisher



Francisco speaking

2024 Windsor Harvest Festival

The Labor Day Weekend in Windsor was full of enjoyable and fun times and activities. The community event featured a Pancake Breakfast, vendors offering a wide variety of products, services, games, food, refreshments and more gathered at Main Park and highlighted by a Parade traveling down Walnut

Street was seen my a countless number of people who had arranged their chairs along Walnut Street well before the Parade got underway. There was stand-

ing room only too! The entire Weekend was a huge success.

The 2025 edition probably is on

the drawing boards. Windsor, CO does it right!!!



Taking time to share smiles at the Windsor Harvest Festival. Fun we were having...



Folks enjoying the Pancake Breakfast hosted by the Windsor Community Playhouse. Altogether families and friends totaling nearly 400 came to the breakfast. Even 2nds for pancakes!



The STOECKER FAMILY enjoying the time together waiting for the Festival Parade to pass by... And, soon to come down Walnut Street...

Colorado Attorney General Warns Voters on AI-created “Deepfakes”

Attorney General Phil Weiser warned voters to be on the lookout for election misinformation and disinformation in the form of realistic-looking images, videos, and audio created using artificial intelligence, known as “deepfakes.” Weiser accompanied his warning with a public advisory educating Coloradans about a new law designed to prevent political campaigns from using AI deepfakes without properly disclosing content origins to voters.

This year, lawmakers passed and Gov. Polis signed into law HB24-1147. The new law requires anyone using AI to create communications to voters featuring images, videos, or audio of candidates for office to include a disclaimer explaining that the content is not

real. Failure to provide such a disclaimer can result in fines and other penalties.

“Because images, videos, and audio created with artificial intelligence are becoming difficult to distinguish from the real thing, you should be cautious when forming opinions based on what you see and hear online, on TV, and receive in the mail,” said Weiser. “The sad reality is that even AI-powered tools designed to detect these deepfakes have difficulty catching them. I encourage voters to do your research, get your news and information from trusted sources, and be mindful that the sophistication of AI means you can’t always believe what you see and hear anymore.”

The new law applies to commu-

nications to voters within 60 days of a primary election and 90 days of a general election. Since it is less than 90 days from the November 5 general election, the protections created by the law are currently in effect.

In the public advisory Weiser issued, he lays out what voters, candidates, and campaigns need to know about the new law. Violations can result in legal action to prevent dissemination of the deepfake in question, and violators could be subject to financial liabilities or even criminal penalties.



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

DEADLINE

10th of the Preceding Month

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

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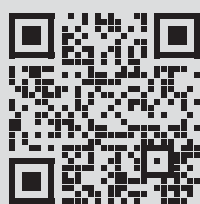
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Elder Law Q & A

The Components of a Successful Estate Plan



Will Beyers

Many people believe that if they have a will, their estate planning is complete, but there is much more to a comprehensive estate plan. A good one should be designed to avoid probate, minimize taxes, and protect assets if you have to move into a nursing home.

All estate plans should address, at minimum, two scenarios: incapacity and death. They should provide for trusted personnel to step in at the right times, and for the eventual passing of your property to beneficiaries. These two scenarios are addressed via the usage of the following documents.

“Death Docs”

Wills and Trusts

What Is a Will, and Why Do I Need One?

A will is a legally binding statement directing who will receive your property at your death. If you do not have one, your state will determine how to distribute your property. A will also appoints a legal representative to carry out your wishes. A will is especially important if you have minor children because it allows you to name a guardian for the children. A will, by its nature, must go through probate if there are sufficient probate assets.

What Is a Trust, and What’s the Benefit?

A trust is a legal arrangement through which a person(s), the “trustee,” holds legal title to property for another person, who is the “beneficiary.”

Think of a bucket: when you create a trust, you are (1) creating a “holding place” for your assets,

and (2) determining, via the trust agreement, who will be involved and where the property will end up.

Setting up a trust is a good idea for several different reasons. The most common reason is to avoid probate. Another common reason is the ability to maintain control over assets for minor/spendthrift beneficiaries. A trust, for example, can provide for a “staggered” distribution scheme, so that a beneficiary does not receive the entirety of their inheritance at once.

Addressing Incapacity

Financial Power of Attorney

A financial power of attorney is another type of legal document important in estate planning. It allows a person you appoint to access your assets should you be unable to due to incapacity. Filing taxes, accessing bank accounts and many other financial actions require a financial power of attorney to perform if an individual is incapacitated.

Without a financial power of attorney, no one can represent you unless a court appoints a conservator or guardian. That court process

takes time, costs money, and the judge may not choose the person you would prefer.

Healthcare Power of Attorney

A healthcare power of attorney is a legal document in which you name someone you trust to make health care decisions for you if you become unable to do so. Oftentimes, if there is no healthcare power of attorney in place, a loved one would need to petition a Court for a guardianship to make decisions on another’s behalf. This can be wildly costly, time-consuming and invasive for all involved.

Above all, a strong estate plan will address your unique needs and situation. Beware of free estate planning documents you may find online. The true value of the documents is not in the paper, but in the confidence of knowing they will perform when you need them most.

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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Weld Area Agency on Aging

Fall Prevention Awareness Week

Have you brought a meal to a loved one who is no longer able to make it themselves? Arranged transportation for a loved one needing to get to the doctor? Assisted a family member with taking a shower or other basic needs? Do any of these questions sound familiar? If so, you are likely a caregiver. Caregivers give many hours of care and attention each day selflessly all while managing their own responsibilities and often asking nothing in return.

In observance of National Family Caregiver's month, we would like to invite you to a special celebration just for family caregivers, Caregiver Appreciation Day. Please join the Weld County Area Agency on Aging, Greeley Active



Jillian Broce

Adults Center, Pathways Hospice, Alzheimer's Association, Home Instead and Windsong Northridge on October 15, 2024 at the LINC library, 501 8th Ave, Greeley, CO 80631, from 9:30-2:00pm. The day will begin with a light breakfast and keynote speaker. Hear from a panel of seasoned caregivers and enjoy a catered lunch. The day will conclude with pampering stations including back massages, nail care, art and music therapy as well as time to connect with other caregivers. Local agencies and vendors will be on-site to provide resources throughout the day.

No cost to attend, but we kindly ask you to reserve your spot today by calling (970) 350-9440.



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Technology is Hip!

SpaceX Plans to Send Starship to Mars by 2026



Bob Larson

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

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

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

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

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

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

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

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

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The Greeley Chorale's Diamond Anniversary!

From Chart to Broadway

Saturday, October 12, 7:30 p.m.
UNC Campus Commons, 1051 22nd Street
Tickets: greeleychorale.org or 970-351-4849

The Greeley Chorale.
Everyday People. *Amazing Music.*
Since 1964!

Information for the 50+ Community

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Luggage

Luggage. Everybody has some, and they've had it as long as man's needed to 'lug' stuff through the 'ages'. Be it a wooden steamer trunk, a weekender, overnigher, duffel, haversack, paper sack or carpetbag, call it what you want, its luggage. Some have keys, and others leave safety to the wind with draw strings, and of course, nothing says 'important' like an aluminum attache handcuffed to a wrist!

In its travels, luggage has filled hulls of ships, trunks of cars, 747 cargo bays and railroad lines, carrying with it countless memories of yesteryear, days gone by and adventures to come. What fun it was to vacation in Yosemite, stuffed in a '67 VW beetle, a galvanized tubular roof rack filled with a red Coleman cooler, cardboard boxes of canned goods, fishing rods and Scotch plaid Fleetwood luggage!

A hundred years earlier, settlers filled Conestoga wagons with heavy wooden trunks and boxes hauling their possessions West, and so its been in one form or another, as each new endeavor brings with it discovery. Be it for pleasure, business or perilous adventures



Steve Anderson

across the Himalayas, luggage is our lifeline, our stronghold, our treasure chest of socks, shorts, trunks, tooth paste, T's and a teeth brush!

Considering the monkeying around baggage handlers specialize in, its no wonder 'luggage' offers a more positive connotation, one of being carefully cossetted, nestled in relative safety, rather that being tossed asunder along with said contents. It's said, points are awarded when luggage is reduced to baggage, the less recognizable the better.

Yes, luggage has long held our hopes, visions and pleasures, for as long as we've needed to get from here to there, to everywhere and nowhere with our stuff in tow. So leave your baggage behind, pack your luggage, and head for the hills to free your mind!

*Help us
Help the 50+
Community*

Colorado Gerontological Society New Part D Changes for Medicare Beneficiaries Start in January 1.



Eileen Doherty

There is good news for Medicare beneficiaries who take a lot of prescription drugs. Starting January 1, 2025, after beneficiaries pay the Part D deductible, the maximum out-of-pocket expense is \$2000. Congress's goal is to limit prescription drug costs.

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

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

Starting October 14, 2024, in-person programs on the 2025 Medicare Changes are scheduled in Fort Collins, Alamosa, Northglenn, Montrose, Greeley, Denver, Glenwood Springs, Aurora, Grand Junction, Littleton, and Centennial. At most locations, benefi-

ciaries can visit health insurance representatives and learn more about different plans. Sessions are weekly through December 2. Two virtual sessions are also scheduled.

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

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

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

Visit <https://www.senioranswers.org/events/medicare-monday/> for location and registration details. RSVPs suggested.

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

Reflections

Finding A Favorite

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

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

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

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

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



Martha Coffin Evans

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

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

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

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

WE ARE LOCAL!

SAVE THE DATE!



**Weld Senior
SYMPOSIUM**

Navigating Legal Issues & Area Resources

This is an IN-PERSON Event

Wednesday, October 2, 2024

Island Grove

425 N 15th Avenue • Greeley, CO 80631

For more information:

Please Call (970) 400-6950 • www.weldseniorsymposium.org



2024 SPEAKERS AND TOPICS:

Amy Heath • Ensight - Adaptive Devices for Low Vision

Angela Zigelhofer • Dementia Care Panel - Montessori

Cyndy Luzinski • Dementia Care Panel - SPECIAL

Wendy Abbott • Dementia Care Panel - Alzheimer's Association

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

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

Kathryn Hall • Housing Rights

North Ridge - Senior Retirement Counselor

Alan Heileman • Medicare Changes - Aspen Club

Tammy Brannen, LCSW - Living and Aging with Intention

WE ARE LOCAL!

Genealogy Rocks!



Carol Darrow

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

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

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

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

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

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

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

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



Ageism Matters

Age-Inclusivity Year 'Round



Kris & Sara

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

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

Give up generational stereotypes

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

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

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

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

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

Get involved

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

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

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

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



Fall Into Autumn With These Fun Weld County Activities

Weld County offers an abundance of fall activities that will get you in the autumn spirit. As the air gets crisp and the leaves change colors, it's the perfect season for outdoor adventures and cozy family moments. Whether you're looking to pick the perfect pumpkin, get lost in a corn maze or attend local festivals, there's something for everyone. Here are 10 fall activities to enjoy this season in Weld County.

variety of other autumn delights. It's the ideal location for a family day out, where you can enjoy fresh apples, homemade jams and cider.

1 Johnstown Fall Festival – Sept. 14

Location: Ault
6 Anderson Farms Corn Maze & Pumpkin Patch – September through November

2 Kick off the fall season with the Johnstown Fall Festival. This family-friendly event offers live music, food trucks, vendor booths and fun activities like pumpkin decorating and a corn hole tournament. With something for all ages, it's the perfect way to enjoy an early autumn day. Location: Johnstown

Although just outside Weld County, Anderson Farms is a must-visit fall destination. They offer one of the state's largest corn mazes, along with a pumpkin patch, hayrides, and plenty of other family-friendly activities. Location: Erie

3 Miners Day – Sept. 21
4 Celebrate Frederick's mining heritage with a day packed with activities. Miners Day features a parade, burro race, food trucks, live entertainment and even fireworks to close out the night. It's an excellent mix of history and family fun. Location: Frederick

7 Fritzler Farm Park – September through November
Fritzler Farm Park in LaSalle is packed with fall fun for everyone. From a giant corn maze to pumpkin picking and even a haunted attraction at night (Scream Acres), this farm is a staple of fall in Weld County. Location: LaSalle

5 Firestone Art & Music Festival – Sept. 27
Enjoy an evening of art and music at the Firestone Arts & Music Festival, where local artists will showcase their work. This event offers a perfect balance of creativity and culture, all while celebrating the talent found in the Carbon Valley area. Location: Firestone

8 Mazzotti Farms – September through October
Mazzotti Farms offers a laid-back farm experience where you can pick pumpkins, go on hayrides and enjoy the beautiful autumn landscape. It's a great spot for families looking for a low-key but fun outing. Location: Hudson

4 Oktoberfest Beer Festival in Platteville – Oct. 5
This community event, hosted by Platteville Parks and Recreation, highlights authentic German food, drink, dancing and live music featuring Polka Folk. A perfect destination to enjoy beer and the small-town charm of Weld County with friends. Location: Platteville

9 Pumpkin Painting Party at Crabtree Brewing Company – Oct. 27
Get into the Halloween spirit at Crabtree Brewing Company's Pumpkin Painting Party. For \$20, you'll get a pumpkin to decorate, all the supplies needed and a craft beer to enjoy while you paint. It's a fun, creative way to spend an autumn afternoon. Location: Greeley

5 Adam's Apple Orchard & Country Store – Fall Season
Open throughout the fall, Adam's Apple Orchard in Ault offers apple and pumpkin picking, and a

10 Fall Foliage Scenic Drive – Throughout the season
One of the best ways to take in the beauty of Weld County during the fall is to enjoy a scenic drive. Explore rural roads near the Poudre River or St. Vrain Valley to witness the brilliant autumn colors. Pack a picnic and make a day of it! Location: Various areas in Weld County

Read more about the great people, places and events in Weld County at DiscoverWeld.com





Navigating Legal Issues and Area Resources

Wednesday, October 2, 2024 • 8:30am-2:00pm

Island Grove Conference Center

425 N 15th Avenue, Greeley

For More Information and Registration (970) 400-6950

www.weldseniorsymposium.org

Event Schedule

8:30 – 9:30 Great Hall
REGISTRATION CHECK-IN
AND VENDOR BOOTHS

SESSION 1

(Choose One)

9:30 – 10:20

Speaker: Amy Heath

Title: Adaptive Devices for Low Vision

Speaker: Alan Heileman
Title: Medicare Changes

Speaker: Tammy Brannen
Title: Living and Aging with Intention

SESSION 2

(Choose One)

10:30 – 11:20

Speaker: Kathryn Hall
Title: Housing Rights

Speaker: Kate Connell
Title: Inpatient Rehabilitation Facilities-What It's All About

Speakers: Wendy Abbott, Cyndy Luzinski, Angela Zigelhofer
Title: Dementia Care Panel

11:30 – 12:30 Great Hall
Lunch and Vendor Booths

SESSION 3

(all attendees)

12:30 – 1:20

Speaker: Charles J Connell
Title: Last Wills and Testaments, Trusts, and Powers of Attorney

1:30 – 2:00 pm Great Hall
Vendors and Event Evaluation submission



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Weld Senior Symposium

SESSION 1: Option 1 • 9:30 am Adaptive Devices for Low Vision

This presentation will discuss types of low vision, diagnosis and treatments, impact of vision loss, and services/resources to empower independent, productive living.

Amy Heath

Amy Heath began with Enight Skills Center 10 years ago as a volunteer. For the past 4 years, Amy managed patient intakes at the Fort Collins location and currently serves as the assistant community outreach coordinator. She loves working directly with clients & seeing firsthand the hope in their eyes after evaluations with our dedicated & knowledgeable staff. She enjoys meeting people struggling with low vision and informing them there is a place that can provide education, training, tools, support & hope. She currently serves as secretary of the Downtown Loveland Lions Club and looks forward to volunteer opportunities benefiting our blind and low vision community.



SESSION 1: Option 2 • 9:30 am Medicare Changes

The presentation will explain the basics of Medicare; what are the parts of Medicare, what is the difference between Medicare parts and Medicare plans? We will talk about the various costs of Medicare, premiums, deductibles and co-pays. Then discuss what changes have been announced for 2025.

Alan Heileman

Alan Heileman has been active in the senior industry for more than 20 years in various capacities. Former President of the Elder Care Network, facilitator of an Alzheimer's support group, and Chairman of the Board for the Partnership for Age Friendly Communities. He has worked for home care agencies as well as assisted living communities. For the last five years, Alan has served as the Community Health Coordinator and the State Health Insurance Assistance Program (SHIP) Coordinator for Northern Colorado with UCHHealth/Aspen Club.



SESSION 1: Option 3 • 9:30 am Living and Aging with Intention

As we age we gather a lot of clutter, baggage, and memorabilia. It's not just physical clutter, but emotional and mental clutter as well. This presentation is about living your best life through your Golden Years with intention and focus on what you want and what you want to be rid of.

Tammy Brannen

Tammy Brannen is a Licensed Clinical Social Worker with over 25 years of experience working with all ages from young children, adolescents, and older adults. She enjoys supporting people through life's most difficult moments and has extensive experience with grief and loss, serious illness, end-of-life, caregiving, and compassion fatigue for professionals. Her approach is centered around a strong client/therapist relationship and believes in the importance of a compassionate presence to encourage and support you through the healing process. She trusts that each of us has the innate wisdom to develop the resources needed for healing and a greater sense of peace.



SESSION 2: Option 1 • 11:30 am Housing Rights

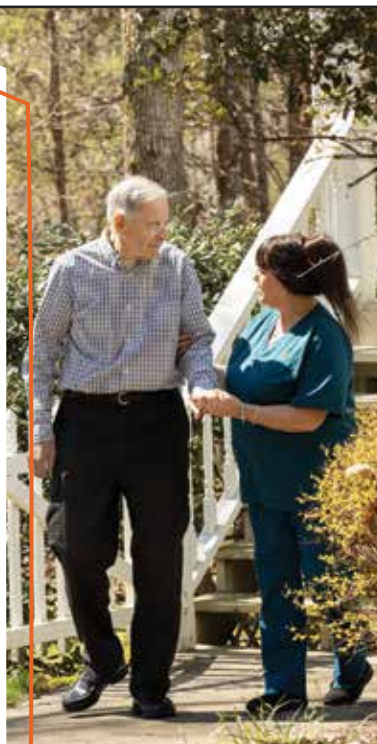
The presentation will cover recent changes in Colorado law which expanded tenant protections with regard to lease non-renewals, lease termination notice requirements, rent increases and late fees. The presentation will also discuss the warranty of habitability as it applies to repair issues.

Kathryn Hall

Kathryn Hall graduated from the University of Virginia School of Law in 1993. She worked for the Georgia Legal Services Program as a Staff Attorney, Supervising Attorney, and Managing Attorney of the Waycross Field Office from 1993 to 2006. She moved to Colorado in 2006 and opened a private practice handling Social Security appeals. Ms. Hall remained in private practice until 2016 when she became the Managing Attorney of the Greeley Field Office of Colorado Legal Services.



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October Family Fun!



Conestoga Wagon Rides - Every October Sat & Sun, 1-4pm

Unicorn Visit - Oct 5-6, 1-4pm

Rocky Mountain Raptors - Oct 5-6, 1-4pm

Trucker Hat Workshop - (\$20 supply fee) Oct 12 & 19, 10am-1pm, Oct 13 & 20, 1-4pm - Pre-register call 970-590-1054. Walk-in's welcome!

Two by Two Petting Zoo - Oct 12, 13, 19, 20 - 10am-5pm

Burro Buddies Photo (donkeys & photos)- Oct 26-27, 1-4pm

WWW.TiggesFarmLLC.com and then click events link for exact date and times of Agri-Tourism fun.

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Treat Yo Self Cotton Candy on weekends.

Website



Facebook

Weld Senior Symposium

SESSION 2: Option 2 • 11:30 am

Inpatient Rehabilitation Facilities - What It's All About!

The presentation will familiarize attendees with Inpatient Rehabilitation Facilities (IRF). The difference between the services at an IRF and a Skilled Nursing Facility (SNF) will be explained. It will highlight the criteria for an IRF admission, the patients served and diagnoses addressed.

Kate Connell

Kate Connell has spent 40 years in the practice of Speech-Language Pathology with professional emphasis in the diagnosis and treatment of dysphagia, neurological communication disorders, and traumatic brain injury. Kate has over 30 years of professional experience in the management and program development areas for multi-disciplinary teams in the inpatient rehab, outpatient rehab, and skill nursing settings. In addition, she has served as adjunct professor forays at both Michigan State University and University of Northern Colorado while also presenting at state and local conferences on the topics of dysphagia, traumatic brain injury, and Medicare rules and regulations as they pertain to the provision of therapy services.



SESSION 2: Option 3 • 11:30 am

Dementia Care Panel

The presentation will familiarize attendees with Inpatient Rehabilitation Facilities (IRF). The difference between the services at an IRF and a Skilled Nursing Facility (SNF) will be explained. It will highlight the criteria for an IRF admission, the patients served and diagnoses addressed.

Wendy Abbott

Wendy Abbott began learning about dementia and effective caregiving through personal experience and formal training while advocating for her mom who lived with Alzheimer's disease for more than a decade. Wendy is an Alzheimer's Association volunteer community educator, facilitates a monthly support group for caregivers in the sandwich generation, and is part of the annual Walk to



End Alzheimer's. Wendy is the Compassionate Care Training Specialist with Centennial Area Health Education Center (CAHEC) training the future and existing healthcare workforce in quality care for those experiencing Alzheimer's and other dementias. Prior to CAHEC, Wendy delivered an education program to older adults promoting healthy aging as part of an NIA funded research study through the Colorado State University, ADAPT Lab.

Cyndy Luzinski

Cyndy Hunt Luzinski is an advanced practice nurse and the first accredited SPECIAL[®] (pronounced "speckle") practitioner in North America, credentialed by the Contented Dementia Trust in England. Cyndy's nursing background ranges from critical care to community case management. In honor of her dad, she founded and currently serves as executive director of Dementia Together, a nonprofit organization in Northern Colorado which offers education, enrichment, and hope, while cultivating joy and building stronger connections for people living with dementia, their care partners, and the community. She and her Dementia Together team advocate for community collaboration and education to make "living well with dementia" the expectation, not the exception.



Angela Zigelhofer

Angela Zigelhofer is a Virginia native, but now calls Colorado home. She started in healthcare and has worked in several areas including: as a Certified Nursing Assistant, QMAP, Activities Assistant, Activity Director, Community Life Director, and Montessori Life Enrichment Director. She is currently the Executive Director for Windsong at Northridge. Her healthcare journey changed with the word, Montessori. It has shown her a lifestyle that promotes a strong environment in which dementia can thrive.



SESSION 3: 12:30 pm

Last Wills and Testaments, Trusts and Powers of Attorney

The presentation will present information regarding documents such as Last Wills and Testaments, Trusts, Financial and Medical Powers of Attorney, and other advanced medical directives. The discussion will also include recommendations for necessary actions to take while planning.

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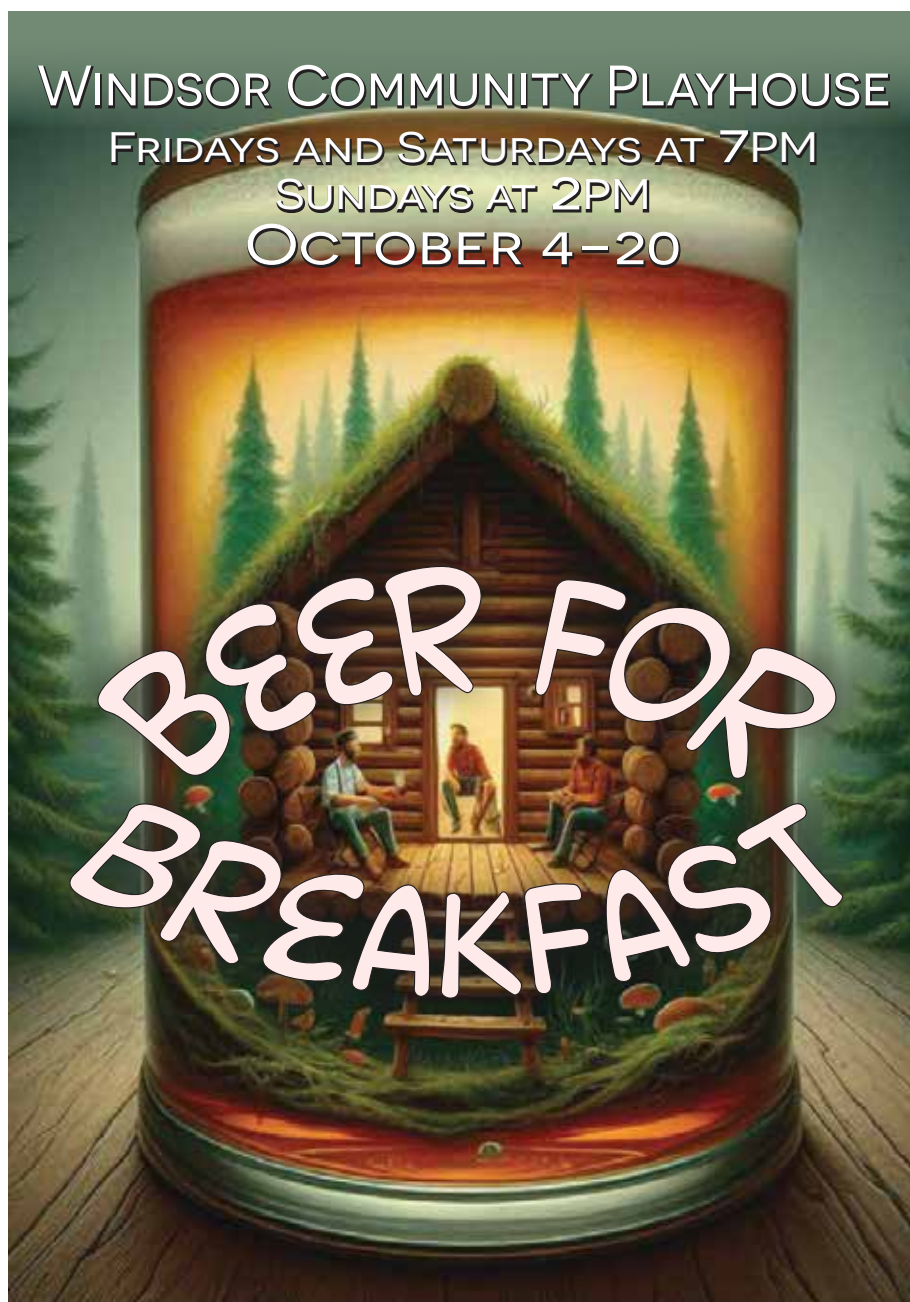
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Weld Senior Symposium

Chuck Connell

Charles J Connell received his Bachelor of Arts Degree, from the University of Notre Dame in 1973, and his Juris Doctor Degree from the University of Denver in 1979. He was a County Court Magistrate in Weld County from 1988 to 1993. He is a sole practitioner in Greeley with a practice limited to Elder Law, estate planning and probate. He was the director of the Legal Services Program of the Weld County Area Agency on Aging from 1990 to 2015. He is a current member of the Executive Council and a past Chair for the Elder Law Section of the Colorado Bar Association (2003-2005). He has also authored the Ethical Considerations Chapter of the Colorado Handbook of Elder Law since 1997.



Weld Senior Symposium Sponsors 2024

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- 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 UCHealth Aspen Club for assistance:
970.495.8558 or 970.495.8560.



Social Security Today

Combating Elder Abuse

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

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

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

Local programs serve more than food. They also:

- Offer opportunities to connect and socialize. This improves both your mental and

physical health.

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

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

It's no surprise that 9 out of 10 participants say they would recommend a senior nutrition program to a friend. We know this service can help create healthy, strong communities where people can thrive at any age.

Find a senior nutrition program in your area and help us spread the word to your loved ones, neighbors, and community. For more information on resources for older adults, please visit eldercare.acl.gov/Public/Index.aspx.

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

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

Golden Gallery 50+ Art Show!



2024 Golden Gallery 50+ Art Show Committee (l-r) Aaron Sanchez, Nancy Culbreath, Sheri Lobmeyer, Donnica Fagan, Nancy Haffner, LeAnne Bodine, Meredith Skoglund

This is the 7th year for this unique community art show.

The show featured only Weld County artists age 50 and over and aspires to reflect the talents and diverse art of the 50+ community.

The art pieces that were exhibited served to ignite the art show visitors' passion by delivering a unique and inspirational experience. Upon observation, that is exactly what happened.

All the art in the show had been created during the past five years. Each piece is an original and is

comprised of paintings, drawings, mixed media, and photographs.

This 7th-year show was a huge success and was hosted by Weld County Area On Aging and the Greeley Active Adult Center. Sponsors of the Art Show were Greeley Recreation, Greeley Place-Sky Active Living, Dawn Strohecker, Edward Jones Financial Advisor, Linc Library Innovation Center, Left Hand Graphics, Weld County Area Agency on Aging.

Weld County Area Agency on Aging.



Art Show visitors listening to the awards presentation before resuming looking at all the artwork on display.

CAREGIVER APPRECIATION

Be kind to yourself!

Join us for a little pampering, continental breakfast, lunch provided by Corleone's, and a presentation by Kathleen Miller-Mirack, Conversation Host & Facilitator. Guest caregiver panelists, massages, and resource booths will also be available to visit at your leisure.



October 15, 2024
9:30 a.m. – 2 p.m.

LINC,
Library Innovation Center 501 8th Ave,
Greeley CO 80631
Free Parking

Free
Reservations required by October 10
Call 970-350-9440 to RSVP

Please note: A caregiver is defined as a family member or an unpaid helper who regularly looks after an elderly (50 and older), or disabled person. There will be no respite care provided at this event.



Area Agency on Aging, Greeley Active Adult Center, High Plains Library District, Home Instead, Alzheimer's Association and Pathways.



Love That Cat

Sumatran tigers found on the Indonesian island of Sumatra are Critically Endangered; it's estimated that less than 600 of them can be found in the wild. Thus, the birth of a baby Sumatran tiger cub at the San Diego Zoo Safari Park is big news. Park officials say, "the

birth adds incredibly important genes into the pool of the population, furthering the genetic diversity and health of the Sumatran tiger species." The zoo says the baby and its Mom are doing well, providing hope for the future of these threatened felines.

It's In The Cards!

Greeley Active Adult Center members enjoying playing "HAND, KNEE AND FOOT," the goal of which is to get rid of all the cards in your hand and foot by melding them.

placed face up. The game is a spin off of Canasta which was invented by Sue Henberger of Huntley, Illinois. This invention happened New Year's Eve 2005. Note: Some where in the game there comes about the players' knee pile. Fun at GAAC! That's for sure.

A meld is a set of three to seven cards of the same rank that are



It's in the cards...FUN!

Pets Are Family Animal Emergency Preparedness



Judy Calhoun

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

to view and download a recommended checklist for creating a pet emergency kit. Once completed, print out your checklist and put it in your pet emergency kit.

Pet Emergency Sticker: If you are not home during an evacuation, posting a pet emergency sticker outside your front door will allow law enforcement to know what and how many pets need assistance.

Pet Friendly Housing: In the event you need to separate from your pet(s), identify boarding facilities that could care for them. NOCO Humane is available to temporarily care for your pet during an emergency. Check with your local animal shelter to see if they have this availability as well.

Develop a Buddy System: Co-

ordinate with neighbors, friends, or family members to ensure your pets will be taken care of in case you are unable to.

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

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

Learn more at noco humane.org.



CDC Advises Older Americans Need RSV Vaccine!

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

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

For most people, RSV typically causes cold-like symptoms. In young children and older adults, however, an infection can be dangerous, even deadly. Adults with

chronic heart or lung disease and those with weakened immune systems are also at high risk for complications from an infection.

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

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

Love That Cat

Sumatran tigers found on the Indonesian island of Sumatra are Critically Endangered; it's estimated that less than 600 of them can be found in the wild. Thus, the birth of a baby Sumatran tiger cub at the San Diego Zoo Safari Park is big news. Park officials say, "the

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Medicare Monday



2025 Medicare Changes

October 28, 2024

1:30 pm

Grace Pointe CCR - 1919 68th Av, Greeley

Beneficiaries learn about the

2025 premium increases, deductibles and new drug benefits

New to Medicare

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

October 14
6:00 pm (virtual)

November 18
6:00 pm (virtual)

Information—303-333-3482
Zoom Registration:
www.senioranswers.org

Wednesday Lunch & Learn

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

October 16
2025 Medicare Prescription Drug Coverage

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

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

November 6
Medicare Broker Commissions and How That May Affects Beneficiaries

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

5 Brain Healthy Habits for Healthy Aging

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

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

AFA encourages individuals to take the following five brain health

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

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

3. Avoid empty calories. If you crave sweets, make sure there is at

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

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

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

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

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A Humorous Nobel Prize

There’s the Nobel Prize and then there is the Ig Nobel Prize. The Nobel Prize honors “discoveries that have conferred the greatest benefit to humankind.” The Ig Nobel Prize was created in 1991 by Marc Abrahams, editor and co-founder of the Annals of Improbable Research, to make “people laugh and then think.”

Among this year’s prize winners was a Japanese research team that discovered mammals can breathe through their butts.

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

33 Years of Service Providing Information for the 50+ Community

Alzheimer’s Blood Test Seen As Highly Accurate

A blood test is about 90 percent accurate in diagnosing Alzheimer’s disease in people experiencing problems thinking and remembering, says a study by a team of Swedish researchers published in the medical journal JAMA.

The blood test and others like it are not widely available to patients, but they could be soon. That would be a “revolutionary change,” says Paul Newhouse, M.D., director of the Center for Cognitive Medicine at Vanderbilt University.

When making an Alzheimer’s diagnosis, doctors rely on a patchwork of physical and cognitive

tests and brain scans or invasive spinal taps. A highly effective blood test could save a lot of time and money, Newhouse says.

A faster diagnosis could also improve access to new Alzheimer’s treatments that are approved for patients in the early to mild stages of the disease.

Research presented at the Alzheimer’s Association’s 2024 conference this summer suggests that an accurate blood test could slash the wait time for these treatments by several years. Article courtesy of AARP.

Veterans Echoes

Wrapping Our Veterans In Comfort



Brad Hoopes

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

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

quilters has astonishingly made over 13,000. Each quilt can take up to six months to make and cost about \$200-300 each.

Those statistics mean nothing to Alycia though. Once again to her it is all about what it does to the veteran. She says what stands out most to her is that veterans feel these quilts are just as important as the medals and awards they received for their service. Often times the quilts are even more important because they come from the people who our veterans had protected, and it proves that we still think about them and they're not alone.

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

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



Home Safety Program

The Weld County Area Agency on Aging Home Safety Program is designed for Weld County residents aged 60 and older. We have established the voucher program to help low-income, minority, and frail residents have grab bars installed in their homes. Our goal is to assist older adults who need it most so they can remain in their homes for as long as possible.

This is a reimbursement program that covers up to \$400 for grab bars and their installation. Applicants must submit an application and hire a licensed contractor to complete the installation.

Once an applicant is approved

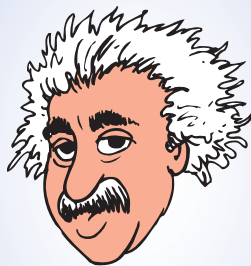
by the coordinator, they will need to hire a licensed contractor, pay for the services rendered, and then submit a claim for reimbursement up to \$400. Any costs exceeding the reimbursement amount will not be covered by the voucher program.

For renters, a property owner consent form is required, as not all rental situations are eligible. The Home Safety Program Coordinator must approve the services before any work can begin.

For referrals or more information about this program, please contact Gabi Snyder at (970) 400-6133 or gsnyder@weld.gov.



Find Einstein



Can you find the hidden Einstein in this paper?



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

TRADING POST

Travel

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Mt. Rushmore, Black Hills South Dakota, Crazy Horse, Deadwood and more!
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\$715 for 5 days

Branson Holiday Shows
November 10 – 16, 2024
\$1015 for 7 days
6 night hotel lodging
10 meals, 6 Fabulous Christmas Shows

Upcoming 2025 Tours

Washington, DC- Our Nations's Capital
June 3 – 13, 2025
11 days /10 nights
\$1550

Virginia Beach, Colonial Williams-

Travel

burg and Historic Norfolk
April 25 -May 5,2025
11 days and 10 nights
\$1560 (Virginia Beach Aquarium, Naval Base Harbor Cruise,Mariners Museum, guided Tours Williamsburg and more

San Antonio, TX
October 11 -19, 2025
\$1180
9 days / 8 nights
Guided Tour of San Antonio, cruise River Walk District, Alamo and more

****Prices are for double occupancy and include RT transportation, all lodging, admissions to attractions and most meals!**

Services

Tired of all the clutter in your life? I will coach you to declutter from the inside out. Call for a free one hour clarity call to see if coaching is right for you. Carrie Copeland Coaching
401-480-7103

For Sale

55 Senior Community
\$400.00 Lot Rent includes water & trash, 3 Bdrm 2 Bath \$169,500.00 Erie CO.
Appliances, water heater, furnace A/C 3 years old. Call Mary Rose 303-946-0865.

Farmall M Tractor, \$1500.
Farm hand F-11 loader.
Wanted: shortbox, or complete 1973 to 1979 shortbox Ford pickup.
Call 970-867-8962

1997 Red Camaro Convertible, Beige Interior, Full Power Systems, Call Ken At 397-2897-5447 with best offer.

Help Wanted

Petition Specialist.
Part-Time Job That Offers Flexibility, Physical Activity, And Is Important To The Community (Not Political). \$22.50/ Hour + Mileage.
Great Way To Supplement Your Income.
Call Patrick – 303-710-3424.

Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to **Robert@50plusmarketplaceneews.com** or mail this form and a check for \$29 per month made payable to:

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Boulder, CO 80303

Copy due by the
10th of the preceding month.

October 2024	6/10/2024
October	7/10/2024
October	8/10/2024
October	9/10/2024
October	10/10/2024

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Ron Stern's Travel Series Longmont's New Culinary Scene

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

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

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



Frank The Butcher Corned Beef Reuben

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

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



Landline Doughnuts

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

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

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



Marcos Tacos

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

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

Social Security Administration to Simplify SSI Applications

Today, the Social Security Administration announced a large step in a multi-year effort to simplify processes for people who are applying for Supplemental Security Income (SSI) by starting to offer an online, streamlined application for some applicants starting in December. SSI provides monthly payments to people with disabilities and older adults who have little or no income and resources.

The initial step – known as iClaim expansion – aims to establish a fully online, simplified iClaim application that leverages user-tested, plain-language questions, prepopulated answers where possible, seamless step-by-step transitions, and more. The online application aims to reduce the time spent applying as well as the processing time for initial claim decisions.

"Over the past year, we have asked many applicants and advocates – as well as our workforce – how we could make the SSI application process easier and simpler. Now, we are taking an important first step to do just that," said Martin O'Malley, Commissioner of Social Security. "People in our communities who need this crucial safety net deserve the dignity of an application process that is less burdensome and more acces-

sible than what we now have, and we're committed to achieving that vision over the next few years."

The rollout of the iClaim expansion will generally be available to first-time applicants between 18 and almost 65 who never married and are concurrently applying for Social Security benefits and SSI. A goal of the second phase – currently targeted for late 2025 – is to expand this to all applicants.

The Federal Register Notice that supports this effort was published today and reflects changes based on what Social Security previously received. To read it, please visit [Federal Register](https://www.federalregister.gov) :: Agency Information Collection Activities: Proposed Request.

Subsequent SSI simplification steps will incorporate lessons learned from the iClaim expansion into in-person, phone, mobile, and paper-based processes for SSI applications. As part of that, the agency plans to develop a separate simplified child SSI application.

All of these efforts will support and streamline the way Social Security's staff technicians and applicants work together, providing an applicant journey that reflects continuous feedback gathered from the agency's Customer Experience team, particularly from underserved communities.

GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



Join and open a world of opportunities!

Members receive discounts on trips, programs, priority registration, monthly newsletters, a parking permit, and the option of renting a locker.

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](https://www.GreeleyActiveAdultCenter.com)



The Passenger Tapas

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



Dry Land Distillers

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

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

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

Senior Complex

62 and better

Housing Units Available in Peakview Trails

Wheel chair accessible

Rent varies on income

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Greeley Housing Authority

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

Friendly Fork Daily Menu September 2024

Monday September 2	No Meal Service – Labor Day Holiday
Tuesday, September 3	Pork Loin with Mushroom Gravy, Baked Potato with Butter & Sour Cream, Carrot Sticks with Spinach & Artichoke Dip, Fruit Salad, 1% Milk
Wednesday, September 4	Spaghetti Beef Bolognese with Mushrooms & Parmesan Cheese, Spinach Mandarin Orange Salad* with Italian Dressing, Fresh Strawberries, Peanut Butter Cookie*, 1% Milk
Thursday, September 5	Chicken & Dumplings, Roasted Vegetable Medley, Apple/Beet/Walnut Salad*, Banana, 1% Milk
Friday, September 6	Kalua Pork, Baked Beans, Coleslaw, Fresh Peach, Gelatin Parfait*, 1% Milk
Monday, September 9	Hamburger on White Bun with Tomato, Onion, Mustard, Mayo & Ketchup, Italian Vegetable Medley, Low-Fat Cottage Cheese, Pear, 1% Milk
Tuesday, September 10	Pollock with Parmesan Sage Cream Sauce, Orzo & Rice Pilaf with Slivered Almonds*, California Blend Vegetables, Fresh Peach, Blueberry Cheesecake Bar, 1% Milk
Wednesday, September 11	BBQ Chicken Sandwich on White Bun with Pickles, Broccoli/Olive/Sundried Tomato Salad, Fresh Plum, Peach Crisp, 1% Milk
Thursday, September 12	Roast Beef & Mashed Potatoes with Beef Gravy, Wheat Roll with Butter, Green Bean Almondine*, Melons & Blueberries, 1% Milk
Friday, September 13	Caprese Chicken Wrap, White Bean Soup with Crackers, Cheddar Cheese Snack, Fresh Pineapple, 1% Milk
Monday, September 16	Roasted Turkey Breast & Mashed Potatoes with Gravy, Corn Sauté, Fresh Peach, Lemon Sugar Cookie, 1% Milk
Tuesday, September 17	Pork Spare Ribs, Tropical Pasta Salad, Capri Mixed Vegetables, Apple, 1% Milk
Wednesday, September 18	Honey Ginger Chicken Thigh over Jasmine Rice, Pork & Vegetable Egg Roll with Side of Lite Soy Sauce, Edamame, Watermelon, 1% Milk
Thursday, September 19	Chicken Fajitas on Wheat Tortillas with Peppers & Onions, Side of Pico de Gallo & Sour Cream, Refried Beans, Fresh Strawberries, Gelatin Parfait*, 1% Milk
Friday, September 20	Sloppy Joe on White Bun, Spinach Mandarin Orange Salad* with Oil & Vinegar, Low-Fat Cottage Cheese, Orange Slices, 1% Milk
Monday, September 23	Smoked Ham & Potato Frittata with Side of Salsa, Sautéed Peppers, Greek Yogurt Parfait with Berries & Granola, Morning Glory Muffin* with Butter, 1% Milk
Tuesday, September 24	French Dip Sandwich with Side of au Jus, Garden Side Salad with Ranch Dressing, Orange Slices, Oatmeal Raisin Cookie, 1% Milk
Wednesday, September 25	Rosemary Roasted Pork Loin with Mushroom Gravy, Baked Sweet Potato with Butter, Roasted Cauliflower, Apple, 1% Milk
Thursday, September 26	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Balsamic Brussels Sprouts, Watermelon, 1% Milk
Friday, September 27	Herb Roasted Chicken Breast with Gravy, Vegetable Lentil Pilaf, Creamed Spinach, Pear, Strawberry Basil Cheesecake Bar, 1% Milk
Monday, September 30	Beef Stew, Wheat Roll with Butter, Spinach & Mushroom Salad with Balsamic Vinaigrette, Banana, 1% Milk

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

City of Greeley Active Adult Center Calendar

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

Rome and the Country Roads of Tuscany

March 25, 2025- April 2, 2025

Embark on a thoughtfully curated adventure designed exclusively for senior travelers who wish to experience the rich culture, history, and breathtaking landscapes of Italy. This journey will take you through the heart of Rome and the rolling hills of Tuscany, offering a perfect blend of exploration, relaxation, and unforgettable experiences. 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

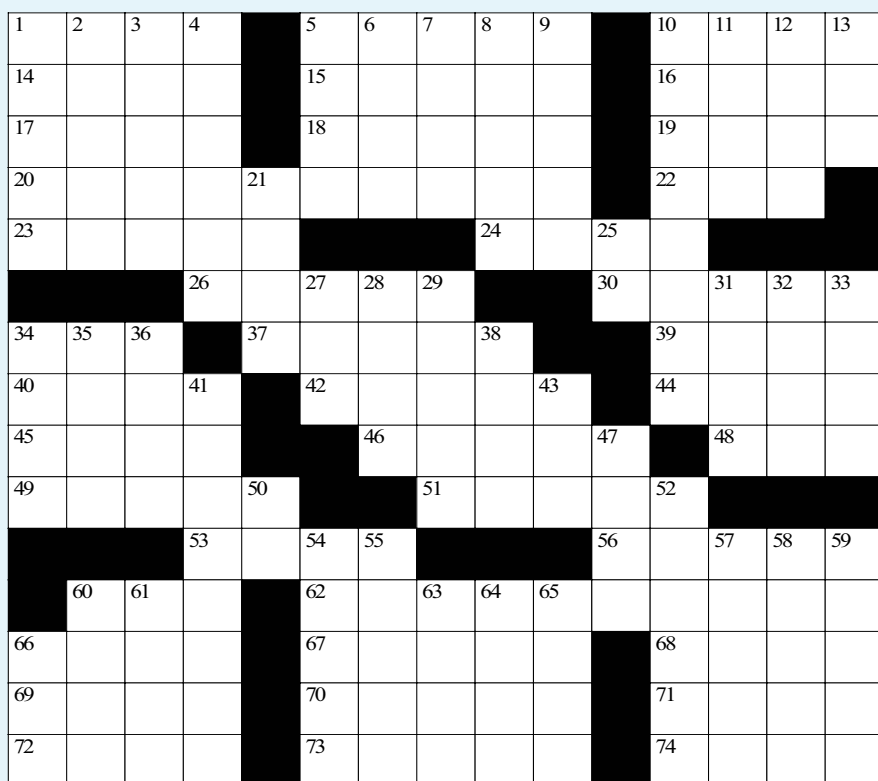
Greeley City Council meetings are held in-person and online monthly every first and third Tuesday. Find City of Greeley's Civic Clerk Meeting Portal agendas at <https://greeleyco.portal.civicclerk.com>.

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

October 2024
Answers page 14

50 Plus Marketplace News

Crossword Puzzle



ACROSS

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

DOWN

- 1 Fold
- 2 Speed contests
- 3 Incident
- 4 Troche
- 5 Give notice
- 6 Soon
- 7 Hawaiian honeycreeper
- 8 Sully
- 9 Reckoning
- 10 Simultaneously
- 11 Having wings
- 12 Bone of the forearm
- 13 Label
- 21 Ireland
- 25 Otherwise
- 27 Monetary unit of Bulgaria
- 28 Line about which a rotation occurs
- 29 Guilt
- 31 Periods of history
- 32 Remarkable
- 33 Reward
- 34 Forcible impact
- 35 Distinctive quality
- 36 Delighted
- 38 Thick slice
- 41 Slaughterhouse
- 43 Long-sleeved linen vestment
- 47 Easy stride
- 50 Possessive form of me
- 52 Kiribati
- 54 Mexican money
- 55 Put forth
- 57 Progressive emaciation
- 58 Meat
- 59 Shouts
- 60 City in W Nevada
- 61 Upon
- 63 Melody
- 64 Scottish Celt
- 65 Respiratory organ of fish
- 66 Young goat

- 69 Monetary unit of Peru
- 70 Bay window
- 71 Well-being
- 72 Entrance
- 73 Stable compartment
- 74 Inquires

Halloween Quotes

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

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

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

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

Unknown - "This witch can be bribed with chocolate."

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

"Sticky fingers, tired feet; one last house, trick or treat!" - Rusty Fischer, American Author

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

"When the witches go riding, and black cats are seen, the moon laughs and whispers 'tis near Halloween." - Unknown