

50 Plus Marketplace



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

September 2024 • Volume 30 • Issue 9

The Weld Senior Symposium is BACK!

The Weld Senior Symposium planning committee is excited to announce the line up for this year's Symposium. The Weld Senior Symposium is the event that gathers all important information in one place!

The event is back for the 10th straight year and once again it will offer helpful resources. A dedicated planning committee works year-round to provide an event for older adults and their caregivers to attend and learn about resources and hear from professionals on topics relevant to their needs.

This year, the Weld Senior Symposium: Navigating Legal Issues & Area Resources will be on Wednesday, October 2, 2024, from 8:30 am to 2:00 pm at the Island Grove Conference Center, 425 N 15th Avenue in



Greeley.

This is your opportunity to hear from attorneys and professionals in the field. This year's topics include adaptive devices for individuals with low vision, Medicare basics and what changes are in store for 2025, housing rights, how to live with

intention and focus as you live and age, inpatient rehabilitation facilities, and last wills and testaments, trusts, and powers of attorney.

We are very excited to also offer a panel of professionals for caregivers to learn about different ways to care for loved ones

with dementia. More information and registration can be found at www.weldseniorsymposium.org.

Not into the internet? Then please call us and we can register you over the phone by calling (970) 400-6950.

A suggested donation of \$10 will help cover the cost of lunch and event expenses that can be donated at the door. The planning committee would like to give our sincere thank you to our event sponsors, the Weld Senior Symposium event would not be possible without you. And deep appreciation to the planning committee for the many hours they dedicate in order to bring vital information to our community.

See you October 2, 2024!

Windsor Police Move to New Building

The Windsor Police Department's new facility, located at 960 N. 15th St. is complete with the department opening in early August. As staff complete the moving process, the lobby of the older building, located at 200 N. 11th St., will be closed to the public. Other operations are not affected by the move and officers remain on-duty 24/7.

Construction on the new, 43,330 square-foot building began in August 2023 and has been completed ahead of schedule. The new facility replaces the department's 11th St. building, which opened in 2010. Originally designed for 30-35 sworn officers and staff, the building now accommodates 52 sworn officers and 13 civilian staff. The new building provides more space for the growing department and features additional tools and resources, including training spaces, a multipurpose conference area, and advanced evidence processing facilities.

The new building also comes with a significant financial success, as staff at the direction of the Town Board were able to fund the approximately \$30 million project entirely with on-hand funds. Funding sources included the town's Capital Improvement Fund as well as cash reserves, meaning no new debt or financing were needed

to complete the project.

Members of the public are invited to attend a ribbon-cutting ceremony for the new facility on Friday, Sept. 13 from 1 pm to 5 pm. The event will be free to attend and will include an open house and tours of the building. Learn more about the Windsor Police Department at windsorPD.com.



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SEPTEMBER Calendar

Sunday/1

The Windsor Community Playhouse is sponsoring a pancake breakfast fundraiser at the Windsor Recreation Center at 250 11th Street from 7 to 10 am. Cost is \$8 for adults and \$5 for kids under age 11. All you can eat pancakes includes 2 sausages and coffee and water.

Monday/2

The Windsor Annual Harvest Festival Parade begins at 9 am at Walnut Street and Chimney Park Drive and runs west on Walnut Street to 7th Street then turns South on 7th to Eastman Park Dr. Over 50 entries are expected including high school bands, floats, horses, arts and crafts, and farming equipment. Visit the city park for many vendor booths after the parade from 9 am to 5pm.

Thursday/5

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

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

Tigges Farm Roasted Chilies & Pumpkin Patch supports many non-profits and community organizations - or you, the customer, supports by coming to the farm - 12404 County Road 64 1/2, Greeley, CO 80631. Open - 10am-6pm Thursday, Friday, Saturday, Sunday - August 8 to October 27.

Every year Tigges Farm adds new ways to "give back."

Plan to attend the Benefit Concert - Saturday, September 21,

7pm. Hands In Praise, a Christian American Sign Language Choir is performing contemporary and traditional hymns - non-perishable food or financial contributions appreciated for Weld Food Bank (feeding the hungry) and Colorado Hands & Voices (supporting families with deaf children).

Another new effort will be the sale of tulip bulbs creating awareness of Parkinson's Disease. Plant in September to bloom for April

Parkinson's Awareness month.

Pink Pumpkins in October support Hope Lives! - a non-profit supporting breast cancer patients of Weld and Larimer Counties.

By Kathy Rickart,
Co-Manager,
Tigges Farm LLC



Veterans Echoes Hell Frozen Over



Brad Hoopes

Stanley "Buck" Morning knows the hell of war, a hell frozen over. He went over to Korea with the 1st Marines and right away was on the Pusan Perimeter, a small foothold in the south still held after the North Koreans had invaded. He then took part in the Inchon Landing, which was the start of liberating the south. He continued on as our forces pushed deep into North Korea. This is where he met his frozen hell, the Chosin Reservoir.

Progress north was going well, but intelligence failed to pick up that the Chinese had entered the war. Soon our contingent of 30,000 was surrounded by 120,000 Chinese. Adding to this, it was upwards of 60 degrees below zero out and they were soon running out of supplies. Men suffered severe frostbite and equipment froze up. They broke out was

through a narrow gorge.

The gorge became a gauntlet with Chinese lined up along the ridges above them. Buck was in an even more precarious position. As a combat engineer, he was at the end of the line blowing up bridges and such, and thus was one of the last ones out. This hellish experience lasted 17 days.

Buck spent a month in the hospital with pneumonia and frozen

feet. He could have gone home after that, but he didn't want to leave his buddies behind and returned to duty. This member of the deeply revered "Chosin Few" still battles issues with his feet 70+ years later.

Semper Fi Buck!

Brad Hoopes has a passionate project of preserving the stories of veterans. To watch Buck's and other veterans' stories, please visit: www.youtube.com/@rememberandhonorstories



Better Business Bureau BBB Scam Alert:

You Missed Jury Duty!? Long-Running Scam Preys On Fears



Shelley Polansky

Despite running for years, this con still successfully uses threatening calls and intimidating emails to scare people into paying up. Jury duty scams have staying power because they prey on a fear of law enforcement.

How the scam works:

You answer the phone, and it's someone claiming to be from your local law enforcement or judicial agency. The caller, who may identify themselves as the local sheriff, tells you that you've missed a jury duty summons and could be arrested. They may even claim that a warrant for your arrest has already been issued. The caller may appear

to be very legitimate, with caller ID showing a local police phone number and an official-sounding voice on the phone. The caller may even be able to verify your name, address, and date of birth.

The scammer tells you that, fortunately, you can avoid arrest by paying a hefty fine of thousands of dollars. To pay the fine, the scammer asks you to wire money, put cash on a gift card or prepaid debit card and share the PIN, use a digital wallet app, or even send cryptocurrency. Of course, the fine and the jury duty summons were never real.

How to avoid jury duty scams:

Be skeptical of urgent, unsolicited emails and calls. Courts do not typically summon people via email, text message, or phone.

Do your research. If you ever question whether you need to appear in court, call the appropriate judicial agency and ask. If you receive a call, remember that scammers may be able to spoof a legitimate agency's phone number.

Ignore threatening calls that require pressure you to act immediately. Scammers try to get you to act before you think by creating a sense of urgency and fear.

Beware of requests to pay via wire transfer, prepaid debit or gift cards, digital wallet apps, or cryptocurrency. These payment methods are almost always a sign of fraud because you won't be able to get your money back.

Ask someone for help. BBB's research shows that asking someone else is an important factor in reducing the chance of being scammed.

TRU PACE Removes Barriers for Older Adults Wanting to Age In Place and Avoid Nursing Homes

September is National PACE Month—an opportunity to celebrate PACE (the Program of All-Inclusive Care for the Elderly). PACE is an innovative care model that allows older adults over age 55 with long-term care needs to live independently in their communities for as long as possible.

As seniors and caregivers look for opportunities to maintain independence at home along with support and services, PACE stands out as a proven model that provides care for older adults in their own homes and empowers them to age with dignity and independence. It can be frustrating driving from appointment to appointment, managing medications, and dealing with doctors who don't talk with one another. Additional struggles of having to leave a loved one at home alone without supervision and interaction can burden a family. A PACE program's innovative model of care takes the burden off the family and care coordinators while giving seniors the support they need to thrive.

PACE is more than a list of services; PACE is a complete solution.

TRU PACE provides a better

quality of life with dedicated caregivers, transportation, homecare, full medical care, rehabilitation, medication, medical equipment, mental health support, meals, and opportunities for socialization at the day center. The PACE Center serves as the central hub of all services, including scheduling and transportation to and from all appointments. In PACE networks there is never a co-pay, deductible or coverage gap so you can access the care, services and medications you need. PACE's comprehensive services and interdisciplinary team can be an invaluable solution for the older adult and their caregivers who are balancing the needs of family and work.

September is National PACE month.

Older adults over age 65, are the fastest-growing age group and account for the majority of complex patients with multiple chronic conditions and significant social and health needs. According to a recent NIH study 58% of older adults do not have a care coordinator to help them navigate their healthcare while 47% of older adults have used emergency rooms for care they could have received in a doctor's office. That's why

this year's National PACE month theme is "Simplify Your Life: At Your PACE". PACE is a quickly growing model of care in the United States. Currently, there are 167 PACE organizations operating in 33 states and the District of Columbia and serving more than 76,000 enrollees.

About TRU PACE

TRU PACE is a nonprofit organization that empowers older adults to age with dignity and independence. As a division of TRU Community Care founded in 1976, TRU PACE is a trusted resource in north Denver including all of Boulder, Broomfield, and portions of Weld, Adams and Jefferson counties. TRU PACE operates the Program of All-Inclusive Care for the Elderly (PACE), which allows eligible seniors to live at home for as long as possible by providing comprehensive medical care and social services. The TRU PACE clinic and day center in Lafayette, CO provides health programs, meals, activities, mental health support, and case management services to seniors. For more information, please visit www.PACE.trucare.org.

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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.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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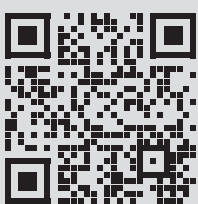
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Elder Law Q & A House Purchased for Future Use Is a Countable Resource



Bill Beyers

The Supreme Court of Texas holds that a home is excluded from the Medicaid eligibility calculation when it is a recent principal place of residence to which the applicant intends to return. A property purchased for future use is a countable resource.

Clyde and Dorothy Burt sold their house in Cleburne, Texas, to their daughter and son-in-law. They lived in a rental house for seven years before moving into a skilled nursing facility. At that time, they had cash assets and cash value in a life insurance policy, which would disqualify them from Medicaid. They used their assets to buy a one-half interest in the house their daughter and son-in-law now owned. This reserved a life estate, with the house reverting back to the daughter and son-in-law upon their death. The transaction left them with less than \$3,000, the maximum resource threshold for Medicaid, in cash.

As part of their Medicaid application, Mr. Burt executed a stating he considered the Cleburne house to be his home and principal place of residence and intended to re-

turn there. While the Burts' Medicaid application was pending, they passed away, having incurred more than \$20,000 in care costs. Under 42 U.S.C. § 1382b, a home is not a countable resource.

The Medicaid application was rejected because the Cleburne house had not been their residence in the years preceding their transition to a nursing home.

Under the Code of Federal Regulations (CFR), a home is an owned principal place of residence. This refers to a current, not future, residence. The Burts moved out of the Cleburne house and only later developed an intent to return. They did not intend to return when they

first moved, and the property was not their residence before they entered long-term care.

Intent to live there is necessary to establish a home. But intent alone is not enough. They also needed to have lived there immediately before having a claim for assistance. A property purchased for future use after a need for care arises is a countable resource.

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.beyerslaw.com.



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Weld Area Agency on Aging

Fall Prevention Awareness Week

Falling among older adults is a common and prevalent issue. There are an estimated 37 million falls each year with millions of hospitalizations and emergency room visits. Annually, there is a nationwide observance dedicated to raising awareness of falling and prevention. In 2024, we recognize September 23-September 27 as Fall Prevention Awareness Week. The National Council on Aging, Area Agencies on Aging, State Coalitions, and many other community partners use this week to educate and inform older adults on the risks for falling and tools to help.

The Weld County Area Agency on Aging celebrates this week locally by raising awareness of the issue. In years past the organization has put together exercise programs including Tai Chi in the park, Chair Yoga, Caregiver educational courses, and Walk with a Doc events. To prevent falls, it is important to understand what puts you at risk.

Leg weakness, poor flexibility, and low blood pressure are 3



Jake Luna

physical risk factors that can affect your balance. Knowing how to improve these aspects of your life are vital to improve your balance, risk for falling, and quality of life. Evidence-based wellness programs strive to work on and develop these components and are in your community! The Weld County Area Agency on Aging (WCAAA) and its Weld Aging-Well program provides numerous resources and programs to help improve your quality of life. The WCAAA provides wellness classes to improve strength, balance, and self-management.

Local Senior Centers, Wellness Clinics, and hospitals also recognize Fall Prevention Awareness Week and celebrate in different ways. Reach out locally to different centers to see how you can get involved. For more information about wellness programs offered by the Area Agency on Aging or to get involved with Fall Prevention Awareness week, contact Jacob Luna at 970-400-6117.

Technology is Hip!

German Public Schools & Universities Adopt AI for Student Classes



Bob Larson

Tomorrow Today, a German TV show highlighted German schools using AI (artificial intelligence) programs. Over two-thirds of students in Germany use AI in many classes from elementary to high school and universities since 2022. At the elementary level, students use the popular software program ChatGPT in creating simple essays and poetry and love doing it!

Chat GPT was the first online software program to introduce generative AI program (a basic AI method) in 2020 to Internet users worldwide. Amazingly, after introducing their AI program, they had over one million users within a month. ChatGPT is a generative AI tool created by San Francisco based OpenAI developer that answers all types of questions and assists users with composing emails, essays, code, songs, poetry, photos, videos, and much more!

Since then, Microsoft, Google and others use generative AI in their web browsers to create answers to user's questions. Microsoft helped to fund Open AI and

uses their ChatGPT in their web browsers. Google uses a different AI method for their Gemini AI based browser.

German middle school students with the help of their teachers use ChatGPT for creating essays, solving math and chemistry problems, however doesn't solve the math or chemistry problem intentionally, but gives a method to solve the problem for students.

Many German teachers praise the ChatGPT learning tool as it speeds up the learning process and gives students the ability to use computers and software in creating ideas and solving problems quickly. After all, many large businesses use computers to create new ideas and solve problems. AI is becoming very popular in the business, engineering, financial, and manufacturing sectors worldwide and hire graduate students with AI skills.

What are the US schools doing with AI? Interestingly, ChatGPT or similar AI programs were banned at most US schools including universities because of fear and plagiarism until now! Makes you wonder what happened to our innovation!

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

STEP UP TO MORE
with **TRU PACE**

TRU PACE is a Healthcare Plan and Healthcare Provider that helps you Stay One Step Ahead

All Included Care All Under One Roof. TRU PACE is a whole continuum of preventative & coordinated care on-site and in-home, so you can stay IN your home for as long as possible.

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TRU PACE
Program of All-Inclusive Care for the Elderly

303.926.4745 • www.PACE.trucare.org

Assisted Living Locators NoCo

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

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

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

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

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

continue to give throughout their lifetime. There is much to be said!

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

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

Locators NoCo, please call Maureen Walker: 970-660-8898 or 970-310-4307.



(l-r) Maureen & her client Ruth

2024 Golden Gallery 50+



OPENING RECEPTION SEPTEMBER 18, 2024

from 4:00 PM - 6:00 PM

LINC Library Innovation Center | 501 8th Ave. | Greeley, CO 80631

EXHIBIT IS FREE AND OPEN TO THE PUBLIC UNTIL OCT. 15, 2024.

Promoting Artists in Weld County who are 50+

FOR MORE INFORMATION AND AN APPLICATION TO ENTER CONTACT

Greeley Active Adult Center

1010 6th St. Greeley, CO 80631 ☎ 970-350-9437 ✉ Sheri.Lobmeyer@GreeleyGov.com



Colorado Gerontological Society

Older Adults Can Receive More Than \$2000 in Help Paying Medicare Part B Premiums



Eileen Doherty

Hundreds of Coloradoans maybe eligible for financial assistance with Medicare Part B premiums of \$174/month. Colorado's Medicaid program is responsible for paying Medicare Part B premiums for those whose gross income from all sources is less than \$1992/month for a single person and \$2239 for a couple.

Individuals must have less than \$12,430 in resources with couples having less than \$20,130. Resource exemptions include a home, one car, a term life insurance, and an irrevocable burial plan. Individuals who participate in this program are also exempt from the Medicaid Estate Recovery program, meaning that Medicaid cannot put a lien on the home. Individuals cannot be asked to sign a waiver that allows the state to put a lien on their home by the county department of human services.

Very low-income individuals qualify for the Qualified Medicare Beneficiary (QMB) which pays the Medicare Part B

premium as well as the Medicare Part A and B deductibles, the Part A and B co-pays and co-insurance. Those with a slightly higher income qualify for the Special Low Income Medicare Benefit or the QI-1 program which pays only the Part B premium.

To qualify, you must apply either online at Colorado PEAK or <https://co.colorado.gov/colorado-peak> or submit a paper application.

All individuals who are eligible for financial assistance for Medicare Part B are also eligible for Medicare Part D assistance through the Low Income Subsidy or Extra Help with prescription drug premiums, as well as deductibles and co-pays for prescriptions. To apply for LIS, submit your application online at Social Security or <https://www.ssa.gov/medicare/part-d-extra-help> or call SSA at 1-800-772-1213.

If you have questions or for more information, call 1-855-293-6911.

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

WE ARE LOCAL!

Reflections

Once In A Lifetime



Martha Coffin Evans

As I watched the Olympic Games in Paris last month, it seemed for the thousands of competitors, this was their "once in a lifetime." For the athletes, regardless the sport, training had been their fulltime goal for decades. For some, it would be their first competing in an Olympic Game; for others, probably their last.

Years ago I had the opportunity to participate in another of the Olympic Games. I didn't do so as an athlete but, rather as a volunteer.

The opportunity came as a result of a program given by Art, Director of PR and Personnel for Santa Anita Race Track in Arcadia, California. I wondered about volunteering for those Summer Games. "People are taking their vacation time to volunteer," Art said.

I debated – should I take vacation time and volunteer? Or, should I give this "once in a lifetime" opportunity a miss. I said "Yes" and never looked back.

From hearing Peter Ueberroth, president of the Los Angeles Olympic Organizing Committee, give an opening address to the assembled volunteers at UCLA

to following the yellow footprints to receive our uniforms, it became magical. My cornflower blue skirt and jacket w/ teal-colored white shirt, enabled me to be easily identified in the stands if needed for assistance.

If our uniforms were red, white and blue, the expected colors, volunteers would blend in with the crowds.

Working the Athletes Lounge gave me a different perspective on the competitors as many equestrian riders were older. Helping Lord and Lady Callenan find their chauffer, after a Turf Club party, became another different, yet gratifying, experience. Seeing Prince Phillip added yet another dimension.

The Olympic Torch Relay took a strong hold during those Games. I know I've stood on street corners waiting for the torch to pass.

How many times have we missed an opportunity? I took mine! I encourage you to take yours.

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

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

Social Security Today

Combating Elder Abuse

Elder abuse is the intentional mistreatment or harming of an adult over age 60. This abuse can take many forms – physical, emotional, sexual, and financial exploitation, as well as neglect. In the United States, an estimated 1 in 10 adults over the age of 60 experience some form of abuse each year. That number is likely much higher because elder abuse is often underreported – especially in underserved communities.

Abuse victims typically show emotional and behavioral red flags, such as depression, unusual fear or anxiety, or intentional isolation. Many victims are abused by someone they know or trust. It's important to look for unusual changes in behavior around:

- Family members.
- Staff at inpatient facilities.
- Hired or volunteer caregivers.
- People in positions of trust like doctors or financial advisors.

You can help make a difference by checking in with older loved ones. The first step to preventing abuse is to look for signs of mistreatment or physical harm, including bruises, burns, and other unexplained injuries.

There may also be signs of neglect such as:

- Hunger and poor nutrition.
- Poor appearance or hygiene.
- Lack of necessary medical aids like glasses or medications that a caretaker should be providing.

There may also be indications of financial abuse, including:

- Unpaid rent or other bills.
- Sudden changes to a will.
- Unusual changes in money management or habits.
- Large, unexplained financial transactions.
- Allowing someone new to access bank accounts.

If you suspect that a person is a victim of elder abuse, please report it. If you or someone you care about is in a life-threatening situation, call 911. If you suspect possible abuse – but see no immediate danger – contact:

- Your local Adult Protective Services at www.napsa-now.org/help-in-your-area.
- The National Center on Elder Abuse at 1-855-500-3537 (ELDR).

You can also find additional local resources by searching the Eldercare Locator for your community at eldercare.acl.gov/Public/index.aspx.

Take some time to call or visit an older adult. Ask if they are OK and listen to what they tell you. Pay attention to signs of abuse or unusual behavior. Most of all, don't be afraid to report suspected abuse. For more information about elder abuse visit www.ssa.gov/payee/elder_abuse.htm.

Please share this information with your loved ones.



A New Yorker! OMG!!

Sue was born in the small town of New York City with a mere 8 million population to keep her company at the time. Her life journey saw her travel to six continents, and approximately 70 countries. In her spare time, she also visited all 50 U.S. States. In addition to working in NY, PA, Ohio, Wyoming, and Colorado she managed to also teach in South America, the Far East, Middle East and yes, Europe too. While wondering what else to do, Sue wrote two cookbooks with the help of other "talented" cooks, on how NOT to cook! One evening, while unable to sleep, she composed a MYRA & MYRTLE comedy skit reminiscent of her New York City pals from years ago. Sue shared the skit the following morning. She was encouraged by the positive laughter she received from her Colorado pals over their weekly coffee chat.

The comedy skit is hilariously funny spoken in easily recognizable New York accent. The conversation varies from New York City life and living to Colorado life and living producing a laughs & more laughs about the differences. The skit is an audience pleaser.

Sue has gone on to perform at the Windsor Playhouse, for private organizations and sev-

eral Independent Living Communities and she has performed at her Comedy Works in Denver. Bringing a smile to someone brings her enormous joy.

Oh, and she loves to bake cookies for the firemen, police and docs in her Windsor, CO neighborhood. She claims they LIKE those cookies.

Side Note: Sue and her two friends Myra & Myrtle recently performed at the Milliken, CO Senior Center. The audience enjoyed their visit. So did I very much so!

Written by: Michael Buckley
Associate Publisher



Ageism Matters Ageism Awareness Day 2024



Kris & Sara

This day, led in the US by the American Society on Aging, draws attention to ageism and its impacts. Ageism negatively affects our health and well-being, financial security, and economy. Join us in raising awareness about ageism and what we can do about it. Here are ideas on how:

Educate yourself and your community

Our website, www.ChangingtheNarrativeCO.org, has resources on reframing aging and responding to ageism. Start with the Resources page.

The American Society on Aging (www.asaging.org) website offers a free Ageism Awareness Day toolkit. Whether as an organization or an individual, there are ways to participate, from sharing on social media to asking media and government representatives to recognize Ageism Awareness Day.

Connect with people of other ages

Intergenerational connections help reduce ageism. When we connect, our attitudes shift about people of different ages. Read

more about the power of intergenerational connection and download the intergenerational conversation toolkit on our website.

Host a discussion

Gather friends or colleagues to read Dr. Becca Levy's book *Breaking the Age Code*. Then, use our toolkit to host a conversation. (Check out OldSchool.info for more book ideas.) If video is more your style, our YouTube channel has multiple options to spark a conversation. Antidotes to Ageism, our video introducing ageism in healthcare, even has a discussion guide.

Share on social media

Follow organizations like Changing the Narrative and the American Society on Aging on social media and re-share posts. Search for #AgeismAwarenessDay to find posts from others raising their voices together - and add yours!

The easiest way to do something? Share this article. Join us in taking action for Ageism Awareness Day!

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

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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

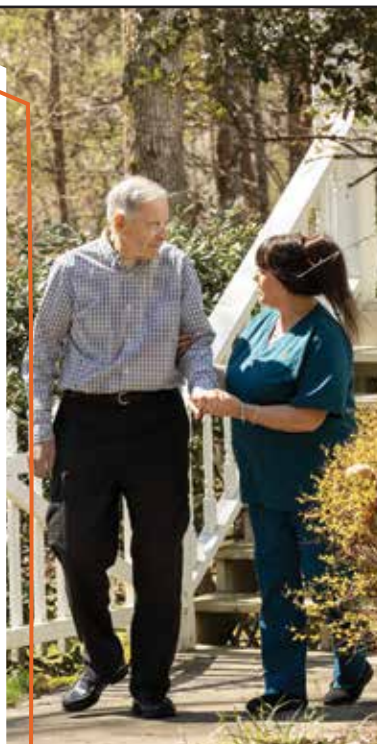
The presentation will cover recent changes in Colorado law which expanded tenant protections with regard to lease non-renewals, lease termination notice requirements, rent increases and late fees. The presentation will also discuss the warranty of habitability as it applies to repair issues.

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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Weld Food Bank - www.weldfoodbank.org

Colorado Hands & Voices - www.handsandvoices.org

Trucker Hat Workshop - Sept 28, 10am-1pm

& Sept 29, 1-4pm - \$20 for Supplies

Pre-register call 970-590-1054. Walk-in's welcome!

Bunnies in Bow Ties - Sept 28-29, 1-4pm

October Family Fun!

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

Schedule October School and Child Care Field Trips.

Bring a picnic lunch in September. Food Trucks arrive in October.

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



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



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



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



DEATH TRAP - Comfortably settled in his charming Connecticut home, Sidney Bruhl, a successful Broadway thriller writer, faces a dry spell, resulting in failures and financial troubles. His luck changes when he receives a promising script from a student. Sidney, with his wife's help, plans to offer collaboration for co-credit. Or does he? DEATH-TRAP delivers devilishly clever twists and turns, offering abundant, hilariously sudden shocks that keep audiences spellbound until the end.

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.



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Eighty Years On

In terms of history, eighty years is just a blip, and a good run for those who can still think back on life's simpler times. The good 'ol days, when folks were polite, bees buzzed, and hopes were high with unimaginable possibilities.

"Backseat bingo" had everyone on "cloud nine" after WWII, with "baby boomers" and innovative technologies evolving side by side. Products as diverse as computers and microwaves smaller than houses, artificial pacemakers, jet airliners and Junior Mints, crash test dummies and yes, kitty litter!

As populations grew, "tract housing" swept the nation, most with garages for "cars of tomorrow!" I remember calling "dibs on shotgun" next to dad, "blasting" down the road "willy-nilly", reeling in highway "like there was no tomorrow?" No seat belts or air bags cluttered sleek metal dashboards and huge steering wheels, while gas tanks were tucked neatly into the interior, making room for the kids! Tons of fun on the edge of calamity for just 27 cents a gallon! Those were the days!

Every summer, two weeks were set aside to pack up our wagons and head for National Parks and monuments, truck stop diners, natural wonders and dino-

saur museums along the "Dwight D. Eisenhower National Highway System", and endless back roads and ghost towns far from it.

Once home, exhausted from the trip, families gathered 'round, chowed down tasty TV dinners and watched "Howdy Doody Time!" Fork in one hand, one-button remote in the other, we mastered our 19-inch Zeniths! Jumping from Arthur Godfrey's throaty tone and Lawrence Welk's accordion to Ed Sullivan's "really big 'shoe' for you" was as warming as the golden tubes inside the "idiot box."

Only later, after those lively polkas, barn dance choirs and Topo Gigio bits, did our trusty Indian test pattern bid us goodnight, in black and white.

BY: Steve Anderson



Genealogy Rocks!



Carol Darrow

Do you remember those olden days we used to ask, "Are you afraid of flying?" Perhaps you think that Zooming is scary, or perhaps too hard

during those dark days had another benefit.

Zoom brought us new members from distant places who could attend local presentations on land records or DNA without travel or expense. It also allowed us to remain active in the genealogical community even with health or disability issues that limited our travel. We just needed to register for a meeting and tune in.

There's even an online guide to the thousands of offerings available on Zoom. It's ConferenceKeeper.org. You can search by date, topic, location, or conference, virtual or in person. What a wonderful way to broaden your genealogy education or focus on a particular topic of interest. Sometimes there's a fee for attending a meeting but many more are free.

There's no need to install a Zoom application on your computer. You can just tune in to a meeting using the link provided by the organization. Free, easy, fun, and informative. Give it a try!

Carol Cooke Darrow zooms a *Beginning Genealogy* class and the *WriteNOW* family writing group each month. Register at cogensoc.us.

to master. For me and many of my genealogy colleagues, it's been the wonder tool for continuing to share our genealogical skills and knowledge.

When the pandemic hit in March 2020, almost every meeting venue closed. There was fear that we would never see each other again! But within a month, we learned about Zoom, a computer-based program that let us hold meetings, make presentations and answer questions about our favorite topic.

We didn't know if it would be a temporary fix or whether we would need to use Zoom into the future. Perhaps when we could meet in person, we wouldn't need the electronic marvel. But what made meetings, classes and national conferences accessible to us



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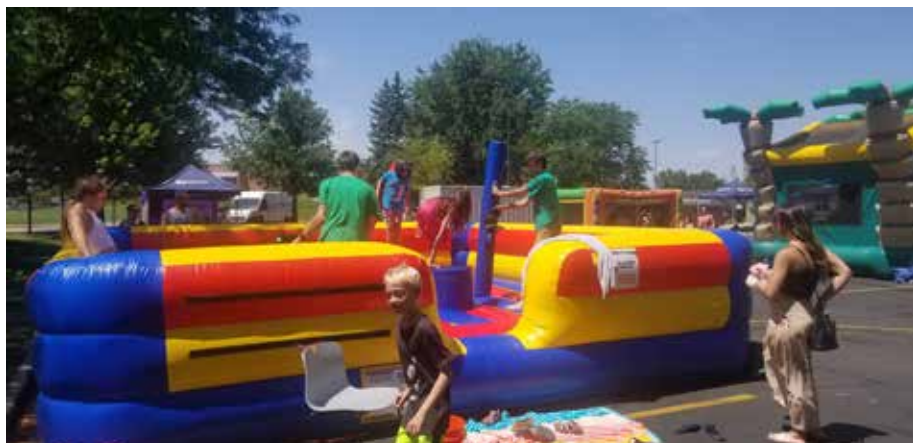
Summertime & Summer Fun!



Clearview/Windsor Library hosted their annual end-of-the-summer carnival. Families, friends, and other visitors came to this enjoyable and fun event. Everyone was warmly greeted and welcomed by the library staff and volunteers. They all had as much fun as everyone else.

Bouncy houses, climbing areas, a dunk tank were some of the featured attractions. Refreshments were available too!

The Clearview/Windsor Library outdid itself sponsoring a fun, fun community event. The community says "Thank You!"



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Pets Are Family

Keeping Pets Safe During Poor Air Quality and High AQI



Judy Calhoun

Air quality can fluctuate due to various factors such as pollution, wildfires, and dust storms. When the Air Quality Index (AQI) rises to unhealthy levels, it can pose significant risks not only to humans but also to pets. Protecting our furry, feathered, or scaled companions during these times is crucial for their health and well-being. Here's a comprehensive guide to keeping pets safe during poor air quality and high AQI.

Understanding AQI and Its Impact on Pets

The AQI is a numerical scale used to communicate how polluted the air currently is or how polluted it is forecast to become. The scale ranges from 0 to 500, with higher values indicating worse air quality. Here's a quick breakdown:

- 0-50: Good
- 51-100: Moderate
- 101-150: Unhealthy for sensitive groups
- 151-200: Unhealthy
- 201-300: Very Unhealthy
- 301-500: Hazardous

Pets, like humans, can experience adverse health effects when exposed to high levels of air pollution. Common issues include respiratory problems, eye irritation, and exacerbation of pre-existing health conditions.

It may be temporarily challenging for active dogs that rely on significant physical activity for their behavioral health. Introducing more indoor enrichment activities, like long-lasting treats or puzzle feeders that are appropriate for your dog to eat and play with, may be beneficial to prevent boredom or other unwanted behaviors. Check out a previous blog post for indoor enrichment ideas (look for it)

Tips to Keep Pets Safe

1. Limit Outdoor Activities

When the AQI is high, reduce your pet's time outdoors. Shorten walks and avoid strenuous activities that can increase the rate of breathing and exposure to pollutants. Consider indoor games and activities to keep them entertained and exercised.

2. Create a Clean Indoor Environment

Ensure that the indoor environment is as clean and pollutant-free as possible:

- Close Windows and Doors: Keep windows and doors closed to prevent outdoor air from entering.
- Air Purifiers: Use HEPA air purifiers to remove particulate matter from the air inside your home.
- Avoid Indoor Pollutants: Refrain from smoking indoors, using strong cleaning products, or burning candles, as these can worsen indoor air quality.
- Vacuum: Vacuum floors frequently to help mitigate pollutants that can be brought inside on clothing and pets. Consider using a vacuum with a HEPA filter to better

trap dust, pet dander and other very small particles.

3. Monitor Your Pet's Health

Be vigilant about any changes in your pet's behavior or health. Signs of distress due to poor air quality can include:

- Coughing or Wheezing: Respiratory distress can manifest as coughing, wheezing, or labored breathing.
- Eye Irritation: Red, watery eyes can indicate irritation from pollutants.
- Fatigue or Lethargy: Increased tiredness or lethargy might be a sign that your pet is not feeling well.
- Nasal Discharge: Any unusual nasal discharge should be checked by a veterinarian.

4. Keep Hydrated

Ensure your pet has access to plenty of fresh water. Hydration helps maintain overall health and can aid in alleviating some symptoms caused by poor air quality.

5. Consider Protective Gear

For pets that need to be outside for longer periods, consider protective gear such as:

- Pet Respirators: Available for some animals, these can help filter out harmful particles.
- Booties: Protect their paws from potentially contaminated surfaces.

6. Consult Your Veterinarian

If your pet has pre-existing health conditions or if you notice any symptoms of distress, consult your veterinarian promptly. They can provide specific advice and, if necessary, prescribe medications to help manage symptoms.

Special Considerations for Different Types of Pets

- Dogs and Cats: Follow the general guidelines, with extra attention to brachycephalic breeds (those with flat faces) like Bulldogs and Persians, as they are more susceptible to respiratory issues.
- Birds: Keep birds in well-ventilated areas with air purifiers. Birds are particularly sensitive to poor air quality.
- Small Mammals: Ensure their cages are kept clean and in well-ventilated areas. Avoid using bedding that can contribute to dust and dander.
- Reptiles and Fish: Maintain clean tanks and terrariums, ensuring that any ventilation systems are functioning properly to keep air or water quality high.

Conclusion

During times of poor air quality and high AQI, taking proactive steps to protect your pets can prevent health issues and ensure their well-being. By limiting outdoor activities, creating a clean indoor environment, monitoring their health, and consulting your veterinarian, you can help your pets navigate through these challenging conditions safely.

During times of poor air quality and high AQI, taking proactive steps to protect your pets can prevent health issues and ensure their well-being. By limiting outdoor activities, creating a clean indoor environment, monitoring their health, and consulting your veterinarian, you can help your pets navigate through these challenging conditions safely.

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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@50plusmarketplacenews.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.

September 2024	6/10/2024
September	7/10/2024
September	8/10/2024
September	9/10/2024
September	10/10/2024

ADVERTISER'S INFORMATION

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Ron Stern's Travel Series

Hotel Maxwell Anderson, Glenwood Springs

Building on its lasting reputation for elegance and hospitality, the Hotel Denver has a new name and a fresh look. Now known as Hotel Maxwell Anderson, this new identity of a fictional train conductor harkens back to the early railroad days of the 1880s. Back then the Denver and Rio Grande and Chicago Midland Railroads brought trainloads of workers, settlers, and tourists to the expanding town of Glenwood Springs.

spaces. The walls are adorned with contemporary artwork and photos that extend to the upper floors. The adjacent Glenwood Canyon Brewpub's entrance is now accessible from the lobby.

90 rooms and suites have been meticulously updated using upscale textiles and a "sophisticated color palette." Each room has been thoughtfully adorned with modern furnishings, high-speed Wi-Fi, HDTVs, a dedicated workspace and premium bedding and linens. As one who suffers from back and neck issues, I found the beds and pillows to be heavenly bliss and had my best sleep in years.

Some of the original exposed bricks were retained as part of the redesign. If these walls could talk, they would regale you with tales of prohibition, gangsters, shootouts and two world wars. Even Doc Holliday came to town for his health. You can view his gravesite via a short hike up to Linwood Cemetery.

Through the decades, the Hotel Maxwell Anderson has served travelers with elegance, comfort and a superior level of hospitality. This tradition has continued



today with a bold, modern design and a sense of nostalgia, providing a memorable experience for each guest.

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



Opened in 1915, this renovated historic boutique hotel has integrated the best elements of the past with a clean modern design. Retaining its vintage charm together with a contemporary appeal, travelers seeking a memorable stay in the center of town will discover it here.

As one of the oldest hotels in Glenwood, it has been witness to more than 100 years of history. Much of this has been preserved during the recent renovation. Just beyond check-in, the three-story atrium lobby has been redesigned to make better use of the space.

Plush couches, tables, chairs and historical artifacts surround a massive stone fireplace, providing a relaxing seating area for conversation and refreshment. Large windows allow natural light while overhead, suspended crystal chandeliers adds to the whimsical vibe. Vintage accents like Tiffany-style lamps, steam trunks and memorabilia can be found both here and throughout the public



Find Einstein



Can you find the hidden Einstein in this paper?

WE ARE LOCAL!



Labor Day Quotes

"Luck? I don't know anything about luck. I've never banked on it and I'm afraid of people who do. Luck to me is something else: Hard work — and realizing what is opportunity and what isn't." — Lucille Ball

"The only place success comes before work is the dictionary." — Vince Lombardi

"Far and away the best prize that life has to offer is the chance to work hard at work worth doing." — Theodore Roosevelt

"I learned the value of hard work by working hard." — Margaret Mead

"I have not failed. I have just found 10,000 ways that won't work." — Thomas Edison

"To find joy in work is to find the fountain of youth." — Pearl S. Buck

"I do not know anyone who has got to the top without hard work. That is the recipe. It will not always get you to the top, but should get you pretty near." — Margaret Thatcher

"I'm a greater believer in luck, and I find the harder I work the more I have of it." — Thomas Jefferson

"To succeed, work hard, never give up and above all, cherish a magnificent obsession." — Walt Disney

"You always pass failure on your way to success." — Mickey Rooney

Work for a cause, not for applause. Live life to express, not to impress. Unknown

A heartfelt thank you for your tireless efforts! Wishing you a joyful Labor Day filled with family, friends, and fun. Unknown

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

Top Attractions Unique to Weld County

You don't have to travel far to take in experiences you can't find anywhere else. Whether you're looking for group activities with friends and family, or flying solo, there's a ton to see and do in your own backyard. Here's a look at some top events and locales unique to Weld County.

Colorado National Speedway

Dacono is home to a 3/8 short-mile NASCAR sanctioned track that's hosted a variety of races since its creation in 1965. Race events occur every weekend between April and September, with a few scheduled as far into the year as late November. Stock cars, sprint cars and drag racers are just a few of the types of lightning-fast autos you can see on any given race day.

For a full schedule of events and to purchase tickets, visit the official Colorado National Speedway website.

St. Vrain State Park

Boasting 689 acres of land and 228 acres of water, Firestone's St. Vrain State Park offers a beautiful section of the great outdoors for those looking to fish, camp, hike, birdwatch and more. With affordable passes for park entry and campsite rental, St. Vrain State Park is a great place to spend time with the kids, play outside with friends, or enjoy the peace and quiet of solitude in nature.

For park information, FAQs and campsite reservations, visit the Colorado Parks and Wildlife website.

Colorado National Railroad Museum

Whether you're a model train collector yourself, or you're curious to see and learn more about the hobby, Greeley's Colorado Model Railroad Museum is well worth the visit. Fifty-five hundred square feet of model railroad await visitors through exhibits such as the Department 56 Christmas Villages Collection, the OC&E Railway HO Scale Layout and a vast collection of Lionel Trains. Outside of the world of miniatures, there's even a fully restored Colorado & Southern Railway Caboose that can be observed and walked through during your adventure.

Check out the calendar of events, get information for your visit or even start purchasing pieces for your own model train collection on the Colorado Model Railroad Museum website.

Houston Gardens

Self-proclaimed as "Greeley's best kept secret," Houston Gardens is a botanic garden and nature center where visitors can

traverse through a variety of ecosystems in a single afternoon. Take in the community gardens, fruit trees, beehives and greenhouses, and then walk through five different "zones" filled with unique flora: subalpine, mountain, foothills, plains and shrubland.

Visit the Houston Gardens website for more information.

The Wild Animal Sanctuary

Even longtime Weld County residents may be surprised to find out that Keenesburg is home to The Wild Animal Sanctuary, which cares for lions, tigers, bears (oh my), wolves, jaguars, cheetahs, leopards, mountain lions, camels, mustangs and more. With 1,300 acres of natural habitats and 1.5 miles of elevated walkways, there is plenty to take in as the animals live and roam freely around you, enjoying their rehabilitation from the horrific captive situations they were rescued from.

For information on the mission of The Wild Animal Sanctuary and visitor information, visit the Wild Animal Sanctuary website.

Pawnee National Grassland

Twenty-five miles northeast of Greeley lies the Pawnee National Grassland, a natural space encompassing a whopping 193,060 acres. Common activities for visitors of this vast outdoor area are camping, hiking, picnicking, off-highway vehicle riding and nature viewing. Birdwatchers enjoy Pawnee National Grassland specifically for its burrowing owl population, and onlookers of all sorts frequently catch sight of pronghorns who call the grassland home.

Take a look at the Forest Service website for all the details you need in advance for a visit.

Eastman Park River Experience

If you're looking for water activities to beat the summer heat, Windsor's Eastman Park River Experience might be just the ticket for you. Offering kayaking, canoeing, tubing, fishing, and water play, this is a great spot to spend time for a few hours, or all day long. If water sports aren't your thing, or you need a little break, there's also a playground, pickleball courts, soccer fields, walking paths and a skate park to enjoy.

Check out the Town of Windsor website for more information.

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

We Care

Veterans: Reduce Your Risk of Suicide Crisis

Taking the time to take care of yourself before a suicide crisis is key to prevention. For many of us, it doesn't seem like there are enough hours in the day. You might be constantly prioritizing how you spend your time, with some things inevitably creeping down the to-do list. But what if you could do one thing that could potentially save your life? Would you do it?

I'm talking about being ready in case a suicide crisis happens. No one knows if or when one will strike. But in times of crisis, every second counts.

1. Take the time to recognize the signs of suicide crisis. Everyone faces challenges and some of those challenges may develop into a suicide crisis. Recognizing a crisis in yourself can help you know when to find support.

Crisis signs: These signs require immediate attention. If you're experiencing any of these and need medical attention, call 911 now. For immediate help in dealing with a suicide crisis, contact the Veterans Crisis Line: Dial 988 then Press 1. Typical crisis signs are: 1) Thinking about hurting or killing yourself immediately, 2) Looking for ways to kill yourself right now, 3) Talking about death, dying or suicide in an immediate sense, & 4) Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

Warning signs: These signs may indicate you need help. If you're experiencing any of these, contact the Veterans Crisis Line now: Dial 988 then Press 1. Typical warning signs are: 1) Feeling sad or depressed most of the time, 2) Experiencing hopelessness, 3) Experiencing anxiety, agitation, sleeplessness or mood swings, 4) Feeling as if there is no reason to live, 5) Feeling excessive guilt, shame or sense of failure, 6) Expressing rage or anger, 7) Engaging in risky activities without thinking, 8) Increasing alcohol or drug misuse, 9) Losing interest in hobbies, work or school, 10) Neglecting personal welfare and appearance, 11) Withdrawing from family and friends, 12) Showing violent behavior, like punching a hole in the wall or getting into fights, 13) Giving away prized possessions, & 14) Getting affairs in order, tying up loose ends or writing a will.

2. Take the time to make a safety plan. VA's Safety Plan app helps you create a custom step-by-step action plan to keep yourself safe when experiencing thoughts about suicide or self-harm. The app helps you identify personal coping strategies and sources of support, giving thoughts of suicide time to decrease and become more manageable. Once you create your Safety Plan, you can identify your

reasons to live and explore more tools to help you cope.

3. Take the time to think about risk and protective factors in your life. There is no single cause. Suicide is the result of a complex interaction of risk and protective factors at the individual, community, and societal levels.

Risk factors are associated with an increased likelihood of suicidal behaviors and can include: 1) Prior suicide attempt history, 2) Certain mental health conditions, 3) Access to lethal means, like guns or certain medications, & 4) Stressful life events, such as divorce, job loss or the death of a loved one.

Protective factors can help offset those risk factors and are characteristics associated with a decreased likelihood of suicidal behaviors. They include: 1) Access to mental health care, 2) Feeling connected to other people, & 3) Positive coping skills.

Veterans also have unique characteristics and experiences related to military service that may increase suicide risk or protect against it by: 1) Veteran risk factors: transition-related challenges, posttraumatic stress disorder, traumatic brain injury and experience with guns, or 2) Veteran protective factors: resilience, a sense of belonging and purpose through military service, access to VA mental health care and care for substance use disorders and positive coping skills learned in high-stress settings.

4. Take the time to learn about secure storage practices. Increasing the time and distance between a person in a suicide crisis and their access to lethal means—like guns, medications, alcohol, opioids, ropes, cords, or sharp objects—can reduce suicide risk and save lives. VA's Keep It Secure program promotes awareness about the simple steps you can take to protect yourself and your family.

5. Take the time to talk to someone. Even if you think you're OK, it might be helpful to talk with someone who understands what you're going through. Veterans Crisis Line responders are trained in military culture, and some responders are Veterans.

If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, or chat online at VeteransCrisisLine.net/Chat, or text 838255.

I remember an old saying, "There's no time like the present." Don't wait. Take the time now to be prepared in case a crisis happens. Article courtesy of Matthew Miller, Executive Director, VA Suicide Prevention Services.

Senior Complex

62 and better

Housing Units Available in Peakview Trails

Wheel chair accessible

Rent varies on income

Call
970-353-7437
ext. 1011



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 with Beef Gravy, Wheat Roll with Butter, Green Bean Almondine*, Melons & Blueberries, 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!

2024 Golden Gallery Art Show Opening Reception

Wednesday, September 18 | 4-6 p.m.
Enjoy an exhibit from Weld County artists that are 50 or older. For more information, please contact Sheri Lobmeyer at the Greeley Active Adult Center at 970-350-9437.

LINC Library Innovation Center, 501 8th Ave., Greeley 80631

Member Trunk Sale

Saturday, September 21 | 1-3:30 p.m.
Purchase space to sell your belongings at the Active Adult Center. It's a perfect opportunity to declutter your home and find new treasures. Whether you're looking to sell or buy, come and enjoy a day of fun, bargains, and community spirit!

Table Fee: 8 ft table: \$10 member, \$15 non-member

Active Adult Center, 1010 6th St., Greeley 80631

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

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

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

Dragonfly-mania

Sand Fleas, Sand Flies and Horse Flies can disturb your day on the beach. In August and September, it's not unusual to encounter Dragonflies, as well. Despite their names, Dragonflies are harmless. But they can ruin a day at the beach when they gather en masse like they did recently on Misquamicut Beach in Westerly, Rhode Island where hundreds of thousands of them gathered in swarms all at once. It was like a scene from a horror movie, according to one reporter.

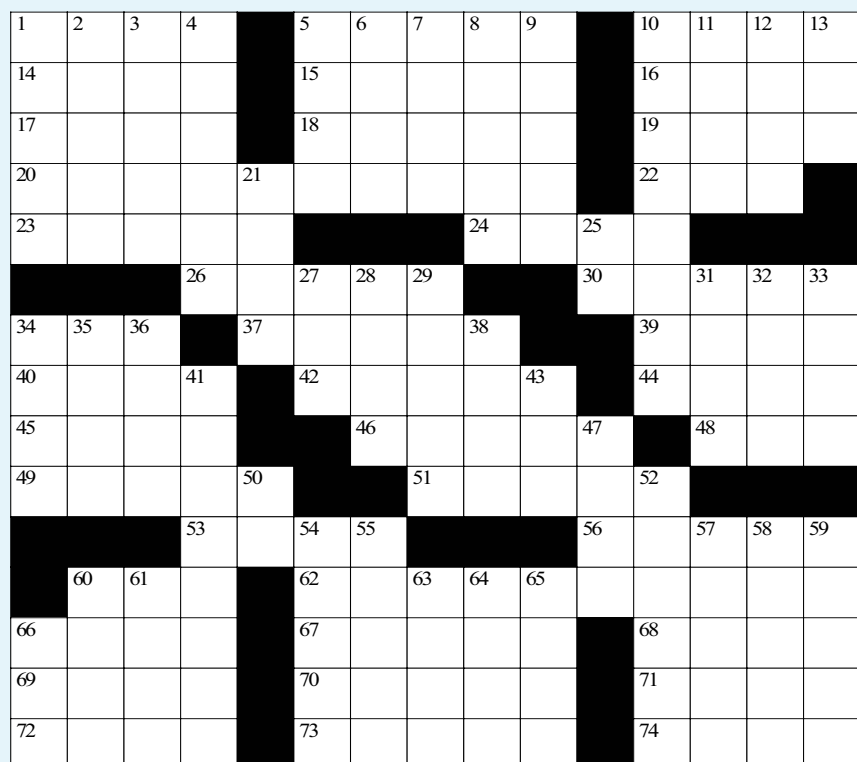
He Did It

Imagine how hard it can be to tow a not-so-light airplane by yourself. Think about how much more difficult it can be to tow three aircraft at once. Not only did Matteo Pavone tow three planes on one line down a runway at Asti, Italy, he did it walking on his hands despite the fact that he has a bad back and his doctors told him that he couldn't and shouldn't do it. He did it and it earned him a Guinness World Record.

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Answers page 14

50 Plus Marketplace News

Crossword Puzzle



ACROSS

- 1 Post
- 5 Acute
- 10 Flexible tube
- 14 Father
- 15 Intense light beam
- 16 Not closed
- 17 Greek goddess of strife
- 18 Spring up
- 19 Ground
- 20 Fulfill
- 22 Advanced in years
- 23 Precipitous
- 24 Obstacle
- 26 Trunk of the human body
- 30 Vestige
- 34 Newt
- 37 Nickel-cadmium battery

- 39 Vertex
- 40 Monetary unit of Iran
- 42 Manufacturer
- 44 Lake or pond
- 45 Capital of Norway
- 46 Soviet forced-labor camp
- 48 Not sweet
- 49 Skin of the upper part of the head
- 51 This moon of Saturn discovered in 1789 has a crater which is one third of the diameter of the satellite
- 53 Speech defect
- 56 Merchandise
- 60 Hawaiian food
- 62 Large white blood cell
- 66 Complain unreasonably
- 67 Gray

- 68 Land measure
- 69 Liqueur of Greece
- 70 Little
- 71 Grass
- 72 Swill
- 73 Bingo
- 74 Skills

DOWN

- 1 Eyeglasses
- 2 Fortune-telling cards
- 3 Express opinions
- 4 Hunting dog
- 5 Shut with force
- 6 Injury
- 7 Continent
- 8 Reposes
- 9 Primp
- 10 Holograph
- 11 Gemstone
- 12 Transmit
- 13 Conclusion
- 21 Atop
- 25 Near to
- 27 Outer edge
- 28 Heroin
- 29 Loose fiber used for caulking
- 31 Monkeys
- 32 Cover with wax
- 33 Executive Officer
- 34 Greek god of love
- 35 Exchequer
- 36 Monetary unit of Western Samoa
- 38 Delicatessen
- 41 Candy
- 43 Male sheep
- 47 Gape
- 50 The ratio between circumference and diameter
- 52 Desert in N Africa
- 54 Little
- 55 Stroll
- 57 One who races
- 58 Heron
- 59 Sows
- 60 What name did Saul take after his conversion
- 61 Ricelike grains of pasta
- 63 Converse
- 64 Repose
- 65 Upon
- 66 Long-leaved lettuce