

FREE! TAKE ONE!

BOULDER COUNTY

50+ ADULTS **50** Plus **Marketplace**

NEWS



CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

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Project Homecoming

Project Homecoming is a service provided by Meals on Wheels of Boulder for anyone who is undergoing medical treatment. If you are coming home from the hospital or re-hab, we will send you 5 meals free of charge, delivered to your home, with no strings attached.

The service is provided when you or someone you care about is transitioning from a medical facility to home after the birth of a baby, after an accident, after surgery or an illness.

50% of patients don't know where their first meal will come from once they return home. Some go home with new and unfamiliar dietary rules, which can cause anxiety and slow healing. Good

nutrition is an important part of the recovery process, which can reduce the number of health care visits and reduce overall health care costs.

Each meal contains an entrée, vegetable, carbohydrate, salad and dessert. We can accommodate many dietary needs.

Let us support you or your loved ones recovery with a tasty and nutritious meal – and you can focus on getting better!

The service is provided by all 3 Boulder County Meals on Wheels programs.

We have a simple sign up process – just call 303-441-3908 and we will deliver your meals right to your home.



Celebrate Colorado's Public Lands

In Colorado, nearly 40% of the state is comprised of federal public land, including four National Parks and eight National Monuments, 41 state parks, as well as hundreds of regional parks and open spaces. Public land is part of what makes the state's landscape so breathtaking and lifestyle so rich offering outdoor recreation, wildlife habitats, clean air and water. Outdoor recreation, much of which takes place on public lands, accounts for more than \$13 billion in economic activity in Colorado and supports some 125,000 jobs, according to the Boulder-based Outdoor Industry Association. From organizations providing voluntourism opportunities to improve and preserve public lands such as the Colorado Fourteeners Initiative and Volunteers for Outdoor Colorado, to one-of-a-kind outdoor experiences and communities such as Buena Vista and Palisade embracing their public lands for outdoor recreation activities, there are a variety of ways to get involved in celebrating Colorado's outdoors for everyone to enjoy. For more information, visit <https://www.colorado.com/articles/care-colorado-voluntourism-opportunities>.

Local Community Initiative. Boulder Open Space and Mountain Parks 50th Anniversary. City

staff celebrated the institution of the Open Space tax last November, but there are events to celebrate most of the year. This tax was put in place in 1967 and has helped the city of Boulder residents to preserve the beautiful mountain backdrop. Boulder is located where the mountains meet the plains and it allows for both mountain and plains recreation. Perhaps the most iconic landmark are the flatirons located at Chautauqua trailhead, but, that's only a small part of the trail system and 45,000 acres of open space.

5 Ways to Celebrate Earth Day

April 22 is Earth Day, an annual opportunity to celebrate the natural world and get involved in short- and long-term efforts to protect the environment. Here are five ways to celebrate.

1. Volunteer. Many neighborhoods and communities around the country host volunteer clean-ups to honor Earth Day. Find one in your area or organize your own: gather some friends, some sturdy garbage bags and pairs of work gloves, and head out to a park or the shore of a local waterway for a clean-up.

2. Enjoy nature. Get outside and enjoy nature. Even if you aren't an experienced hiker, there are plenty of tools to make getting outdoors easy, such as wearable tech, which can support your adventure. One option is Casio's Pro-Trek PRW3510Y-8, which has triple sensor technology, including a compass, thermometer, altimeter and barometer, allowing you to track your surroundings as you ex-



plore them. Featuring Tough Solar Power, it can be charged by sunlight or florescent light, making it an eco-friendly choice.

3. Plant a tree. Trees provide shade and food for people and a habitat for birds and other wildlife. What's more, they produce oxygen for people to inhale, as well as sequester CO2. Trees also reduce polluting runoff by intercepting water. In short, we need trees! Celebrate Earth Day by planting one. Each year, you can watch it mature and grow.

4. Reduce waste. The land and ocean have become saturated with plastics and other trash. Get into the habit of reducing waste by recycling and reusing items as much as possible. Take a look at the footprint you create with your plastic consumption and find ways to improve your habits. Bring a reusable bag to the grocery store. Buying a drink? Don't use a straw. Getting takeout? Ask the restaurant to hold

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