

National Family Caregivers Month Take Care to Give Care

The first rule of taking care of others: take care of yourself first. Caregiving can be rewarding, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the Nation's 90 million family caregivers. So as a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to "take care to give care!"



Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities caregivers too often put themselves last.

The stress of caregiving impacts your health. One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.

Proper nutrition helps promote

good health. Ensuring that you are getting proper nutrition is key to help maintain strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself.

Ensuring good nutrition for your loved one helps make care easier.

As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization.

Remember: "Rest. Recharge. Respite." People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

During National Family Caregivers Month, we remind family caregivers that to be strong enough to care for your loved one, you must "Take Care to Give Care!"

10 Tips for Family Caregivers:

1. Seek support from other caregivers. You are not alone!
2. Take care of your health so that you are strong enough to take care of your loved one.
3. Accept offers of help & suggest things people can do to help you.
4. Communicate with doctors.
5. Take respite breaks often.
6. Watch for signs of depression and get professional help.
7. Be open to new technologies.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!



Nuggets to Retire Dikembe Mutombo's #55 Jersey

As part of the 2016-17 home-opener festivities, the Denver Nuggets will retire former legend Dikembe Mutombo's #55 jersey, President and Governor Josh Kroenke announced. Mutombo was inducted into the Naismith Basketball Hall of Fame in September 2015 and becomes the fifth player and sixth representative in



team history to have his number enshrined in the rafters. He joins fellow Nuggets greats Byron Beck, #40, Alex English, #2, Dan Issel, #44, David Thompson, #33 and Doug Moe, who coached the team to a franchise-record 432 wins.

This marks the first time that the Nuggets have retired a player's number at Pepsi Center.

Drafted fourth overall by Denver in the 1991 NBA Draft, Mutombo played for the Nuggets from 1991 to 1996, compiling averages of 12.9 points, 12.3 rebounds and 3.81 blocks in 391 total games. As a member of the Nuggets, Mutombo was a three-time NBA All-Star in '92, '95 and '96, three-time NBA blocked shots leader, '93-94, '94-95, '95-96, named Defensive Player of the Year in '94-95 and was instrumental in helping the Nuggets become the first eighth-seeded team to defeat a number one seed in NBA Playoff history. Mutombo still remains the Nuggets all-time leader in blocked shots, 1,486; and career rebounding average, 12.3 per game, while ranking third in rebounds, 4,811, and 19th in points, 5,054.

In addition to his on-court accolades, Mutombo's humanitarian efforts shine even brighter. He

created the Dikembe Mutombo Foundation in 1997, opened the Biamba Marie Mutombo Hospital in the Democratic Republic of

Congo in 2007 and has been one of the leaders of the Basketball Without Borders program in Africa for over 15 years. Former NBA Commissioner David Stern appointed Mutombo to the role of

Global Ambassador in 2009.

"Dikembe Mutombo was a perennial all-star on the court, and despite all of his numerous athletic accomplishments, he has somehow managed to have an even bigger impact off of the court through his charitable foundation and his role as a global ambassador for the NBA," stated Kroenke. "He has helped bring awareness to issues impacting his homeland continent of Africa and through his hospital he is already changing and saving lives. It is our privilege to honor Dikembe by retiring his #55 jersey during halftime of our opening night game. It will be a night fans won't want to miss as we will be wearing our iconic rainbow skyline uniforms to commemorate the event and Dikembe's Hall of Fame career."

The Nuggets are holding the jersey retirement ceremony during halftime of the home-opener vs. Portland on Oct. 29. For one night only, the Nuggets wear the iconic "Rainbow Skyline" throwback uniforms worn during Mutombo's rookie season in Denver.

Individual tickets for this game are on sale. Tickets are available on Nuggets.com/.

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November

CALENDAR

American Diabetes Month
Family Caregivers Month
Hospice Palliative Care Month

Sunday/6

Confluence choral group presents a concert featuring songs and instrumental music inspired by water. Selections range from traditional hymns and folk songs to sea chanties to piano music by Maurice Ravel. Info: <http://www.confluencechoir.org/>.

Wednesday/16

Clear Creek Church, 10555 W. 44th Ave. Senior Lunch, 3rd Wed. monthly, 11:30 am. Lunch & program. Info: 303-424-3031.

Sunday/20

Denver Death Café, 3-4:30 pm. Porter Place, 1001 E. Yale Ave. Free, 3rd Sun. monthly.

Monday/21

Stroke Support Group, 6-8pm, Swedish Medical Center, 501 E. Hampden Ave. Englewood, 3rd Mon. monthly, Info: tlcdenver@comcast.net

Tuesday/22

TRIAD 1:30 pm, Jffco District Attorney, 500 Jefferson Cty Pkwy, Golden. Program: Mary Snow, Jefferson County Extension Service Offices talks about food safety. Free. Info: 303-271-6980.

Every Monday

Forest Street Care Center, 3345 Forest St., 10-noon. Free Info. Reg: www.alz.org or 720-877-3474.

Calendar sponsored by...

Senior Housing Authority
www.seniorhousingoptions.org

Hospice Helps Patients and Families Focus on Quality of Life

Making More Meaningful Moments Possible

November is National Hospice and Palliative Care Month and hospices across the country are reaching out to raise awareness about the highest quality care for all people coping with life-limiting illness.

“Every year, nearly 1.6 million people living with a life-limiting illness receive care from hospice and palliative care providers in this country,” said J. Donald Schumacher, president and CEO of the National Hospice and Palliative

Care Organization. “These highly-trained professionals ensure that patients and families find dignity, respect, and love during life’s most difficult journey.”

Hospice is not a place. Hospice and palliative care programs provide pain management, symptom control, psychosocial support, and spiritual care to patients and their families when a cure is not possible.

Hospice and palliative care combines the highest level of quality medical care with the emotional and spiritual support that families need most when facing the end of

life. Through this specialized quality care, we see many patients and their families experience more meaningful moments together. Hospice helps them focus on living despite a terminal diagnoses.

Throughout the month of November, join organizations across the nation hosting activities that help the community understand how important hospice and palliative care can be.

Stories showing the many ways hospice makes more special moments possible can be found at www.momentsoflife.org/.

American Diabetes Month® 2016: This is Diabetes™

Observed every November, American Diabetes Month is an important element in the American Diabetes Association’s efforts to focus our nation’s attention on the disease and the tens of millions of people affected by it.

Our 2016 theme is ‘This Is Diabetes.’ We are showcasing real-life stories of friends, families and neighbors managing the day-to-day triumphs and challenges of the disease. Join as we salute the 29 million Americans with diabetes

— as well as their loved ones — to raise awareness and to create a sense of urgency about this growing public health crisis.

The campaign invites people to submit their own stories to capture the authenticity of those who understand this disease best. Please bring #ThisIsDiabetes to life.

You can get involved by:

- Share your story, photo or video on social media using #ThisIsDia-

betes.

- Become an advocate to help ensure diabetes gets the attention it deserves
 - Donate to help make the Association’s critical work possible
 - Post: use the new Facebook profile picture frame to tell the world “This Is Diabetes” all month long
- For more information visit diabetes.org/adm or call 1-800-DIABETES.



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Give Holiday Gifts That Won't be Forgotten

If your holiday shopping list is focused on the latest trends, remember, the hottest items are not always the most cherished. It’s the warmest gifts that are unforgettable.

“The holidays are times of nostalgia and remembrance, from stories of when we were children to the smell of cookies baking in the oven,” says Christopher Warnack, vice president of marketing and visual at Things Remembered, a leading personalized gift retailer. “Likewise, the gifts you give are not just objects to enjoy now; they should create a joyful memory that can be cherished for years.”

To this end, he recommends personalizing gifts with a loved one’s name, a monogram, a shared memory, a thoughtful message or an inside joke.

For a seasonal gift to mark the passing years, consider a personalized ornament or snow globe. The recipient can look back on the ornaments received each year and be reminded of those memories.

Above all, remember to take into consideration the style, hobbies and favorite colors of your gift recipient. You can customize a gift for anyone on your list.

Make someone’s season by giving gifts that create new and happy memories with the people you care about the most.

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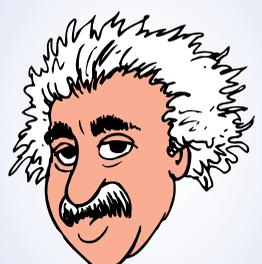
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DEADLINE

10th of the Preceding Month

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

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Your Life Support Look Upon Them As Wounded

After vaccinating a young boy with an injection in the arm, a doctor wanted to stick on a bandage. "Please put it on the other arm," the boy pleaded. "Why do that?" the doctor asked. "This lets everyone know you have been vaccinated and they won't hit your sore arm."



Steve Goodier

"Please put it on my other arm! Please!" the boy begged. "You don't know the kids at my school." But the boy did. And wasn't about to let them at his arm. Adults, too, are pretty good at

hiding pain. Not usually physical pain, but the kind of pain that's harder to see. They like to appear as if they are in control; they can handle whatever life throws them; they're on top of it. And, too often, they end up going it alone. No one understands. No one is there to help.

Susan Muto, in her book Blessings That Make Us Be, tells a story of a great ruler who needed a second-in-command to help manage his kingdom. When he selected the right person, he took him outside onto a balcony of the palace where they could gaze over all the lands under his jurisdiction. His assistant asked the king, "Master,

what must I remember most of all if I am to carry out your wishes?" "My son," the king replied, "there is only one directive to follow – and that is to look upon the people as wounded."

The wise king knew that everyone is in pain in some way. Wounds may not show, but they are there.

Discover where people hurt and you can reach them. Learn where the invisible bandages are and you'll know how to help them. How to heal them.

Look upon them as wounded – and you'll know what to do.

❖ Steve Goodier's books & newsletter: <http://LifeSupportSystem.com>

Water Fitness Classes Decrease Arthritis Symptoms

For 50 million adults across the United States, the start of winter months and colder weather marks an increase in the severity of their arthritis symptoms. The YMCA of Metropolitan Denver is reminding the community of various water fitness programs offered year round designed to help reduce symptoms of arthritis and joint pain.

"Water Fitness classes such as Arthritis Foundation Aquacise and Mobility in Motion are two of many classes that help strengthen muscles and ease some of the symptoms commonly associated with Arthritis, joint pain and joint injuries," said Dana Wedlick, Schlessman Family YMCA Aquatics Director.

The Arthritis Foundation Aquacise course is designed specifically for anyone with arthritis. The class includes a series of specific activi-

ties to help improve joint flexibility, relieve pain and stiffness. The Mobility in Motion class places an emphasis on water conditioning and toning that is low impact on joints. Almost all water fitness classes offered at YMCA of Metropolitan Denver branches are low impact on joints and are offered at various activity levels.

Participants in water fitness programs often develop friendships that transcend the pool. As stated by Joni Krickbaum, "The groups tend to be very close! They have

been there for each other through health issues, daily routines, and many life milestones. Most of them joined the YMCA over a decade ago and have been coming ever since."

Water fitness classes are offered at four of the YMCA of Metropolitan Denver branches: Susan M. Duncan Family YMCA, Southwest Family YMCA, Littleton Family YMCA and the Schlessman Family YMCA. To find a class near you, visit: www.denveryymca.org



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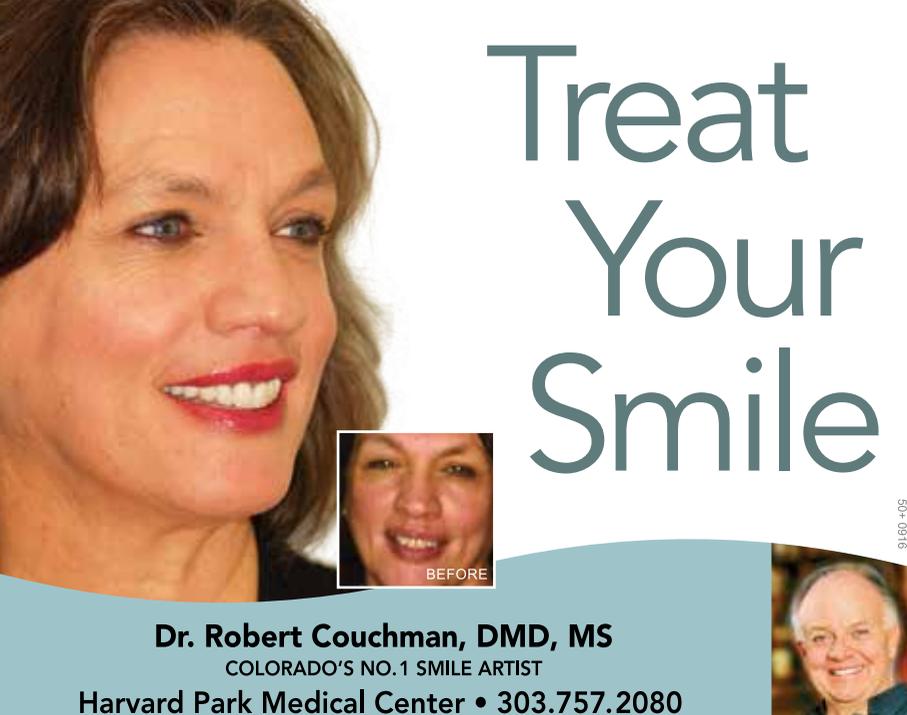
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Genealogy Rocks!

Have Scanner, Will Travel

Ten years ago I heard a genealogy speaker talk about visiting his relatives with a laptop computer, a printer, and a flatbed scanner in the back seat of his car. He was prepared to capture any photos or documents that a relative had and refused to let go of—even for a quick trip to the photocopy machine at the library. That's a lot of equipment to lug around, but on a recent trip to my sister's house in Texas, I was able to capture more than 500 photos from my mother's collection with the use of a Flip-Pal, a photo scanner that's 12 inches long and 6 inches wide. It runs on batteries and scans at 600 or 300 dpi without being connected to a computer. Images are saved to an SD card which can be downloaded to your computer.



Carol Cooke Darrow

Other technical wonders include smart phones that can access

the entire Denver Public Library catalog, tablets that can photograph documents, even smart chips in digital cameras that can save an image you just photographed and send it immediately to your desktop or your best friend. The technology of today, whether it's in your computer, tablet, digital camera or phone makes it easy to capture and save images of photos and documents – even those hanging on a wall. Now we can save these images on SD cards, phones, tablets, CDs or DVDs, even on the Cloud (virtual storage for any document). The portability of these devices makes it possible for us to save copies of original documents for our research and give us permanent access to documents and photos that we may once have only gotten a fleeting glimpse of when viewing a relative's treasured scrapbook.

❖ *Carol Darrow, Certified Genealogist, teaches a free beginning genealogy class at the downtown Denver Public Library on the second Saturday of the month from 10 am – noon.*

Technology is Hip!

IBM's Watson Technology Helps Doctors

Seen recently on CBS TV's 60 Minutes program, IBM has invested heavily in its Watson Artificial Intelligence (AI) business unit. It was created in 2014 with an estimated 10,000 workers. This started in 2011 when a team of IBM engineers and programmers created the Watson computer to challenge the smartest champions on Jeopardy's TV program and won!



Bob Larson

Watson is basically a computer programmed with artificial intelligence (AI) capabilities to learn and respond with answers on various questions or situations for their different industries.

IBM has acquired industry expertise and proprietary data sources in addition to supplying AI platform tools and technology. IBM first focused on health care and that business now accounts for two-thirds of the Watson enterprise. Three years ago, IBM experts began working with leading medical centers. It spent more than \$4

billion buying several companies with vast medical data like billing records, patient histories, and X-ray and MRI images.

A recent collaboration with Quest Diagnostics, Sloan Kettering Cancer Center, Broad Institute of MIT, and Harvard Medical School will combine cognitive computing with genomic tumor sequencing available to doctors and patients across the country. IBM is working with the Veterans Administration in diagnosing veterans with cancer using Watson.

At the University of North Carolina School of Medicine, Watson was tested on 1,000 cancer diagnoses made by human experts. In 99 percent, Watson recommended the same treatment as the oncologists. The only difference was Watson did the diagnosis in minutes versus the doctors who took hours to several days to complete their diagnosis. In 30 percent of the cases, Watson also found a treatment option the doctors missed. This is another great use of technology for improving our healthcare.

❖ *Bob Larson is a former engineer, photo-journalist, technologist, and Marketing Director at 50 Plus Media Solutions.*

Random Act Of Kindness

By Harvey McWhorter

It was one of those long days after work, standing in line at a King Soopers in the customer service area. It was a long line with many other tired workers of the day. The line was moving slower and slower with people paying bills, purchasing Money Orders and playing the Lottery in hopes of riches.

I am standing in my spot in line when I see a lady in front of me who had purchased flowers. She had them in her shopping cart when she reached into the cart and picked out the beautiful boutique and walked up the line and handed them to another lady standing in the line in front of her!

Seeing that happen and the surprised look on the face of the lady receiving the flowers and her reaction of joy made me feel better. I looked around and saw smiles on the faces of other people in line



who saw what had transpired! I asked the ladies could I take a picture of them and share it. First they were reluctant, shy and then they agreed.

You know today we hear and see so many negative things going on that just drains the Spirit dry.

Flowers, a smile and two strangers in the same line from different walks of life bought some happy sunshine to everyone in that area and the clerks behind the counter that day. When I went outside leaving the supermarket it looked like everything were brighter and my smile was even brighter!

This special Random Act of Kindness matters in today's climate of what seems to be more negativity than positive good things confronting the public daily.

Thank you, Rhoda Kaplan for your Random Act of Kindness also Jeanie Ogle for receiving it and also to you both for sharing.

Reverse Mortgage

Age in Place

"I've lived in my home for over 30 years. I didn't want to leave it, and go where I didn't know the neighbors. A reverse mortgage allowed me to have the security of staying in my home without a mortgage payment. That increased the money in my monthly budget. What a relief!" *KS, Denver*



Jim Doyle

Statistics bear out the concept that aging in place is a benefit to many seniors. The ability to maintain the familiarity with the neighborhood, and routine of life can reduce stress and add years.

For many seniors who are living longer, the question is, "How do I fund my longevity?" Spouses are thinking about what will happen when one of them passes away. Will the surviving spouse be able to stay in the home comfortably? The answer is often "Yes!" when a reverse mortgage has been put in place to ensure there is no mortgage payment and often, a sum of money available to the surviving spouse.

The bank never owns the home and the property may be willed to the heirs. Because a reverse mortgage is FHA insured, it is a non-recourse loan. No one can 'come after' the estate or your heirs. No one is 'saddled' with debt because of the reverse mortgage. As a financial tool, a reverse mortgage is a wise choice in many cases providing relief from financial pressure in the near-term, and greater financial security in the long-term.

"A reverse mortgage is basically a tax-free advance on your home equity," writes Robert Massi. "For some people, a reverse mortgage can offer financial freedom to enjoy their later years without worrying about income. For others, it can provide much needed help for staying in their homes." The money from a reverse mortgage can be used for any purpose.

Contact your Reverse Mortgage Specialist for additional information and a proposal created just for you.

♦ *Jim Doyle, Reverse Mortgage Specialist, NMLS #335659. Jim is the VP of Lending at Silver Leaf Mortgage in Centennial, CO. Direct: 303-875-5994 JimDoyle@SilverLeafMortgages.com/, NMLS# 1394377.*

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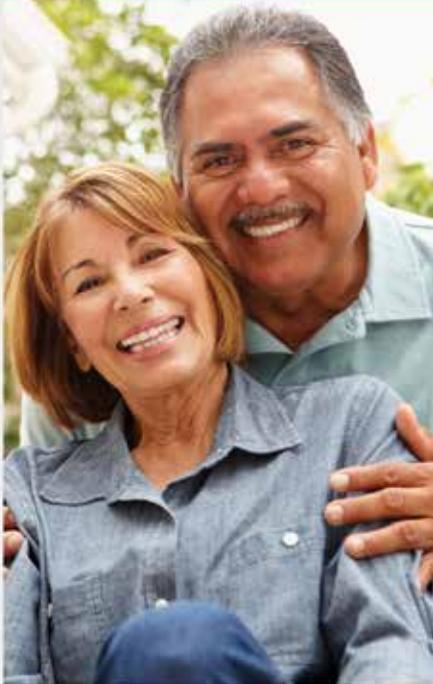
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For more information, contact Jodie McCann at 720-240-4922 or jmccann@highlandsranch.org



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The dance of light in the vibrant colors of the changing fall leaves against the backdrop of magnificent mountains vibrates with the energy of beauty; delivering a message of joy to us through our electromagnetic field which enhances our wellbeing.



Rhoda Johnson

We are subconsciously attracted to beautiful environments and people because they vibrate joy, peace and love. Recently, a client told me she received a promotion, just two weeks after getting the job! She attributed this to making more harmonious choices in wardrobe and makeup after consultation with me. She also indicated that everywhere she went she was treated with more respect and friendliness. According to Marianne Williamson, author of

“Return to Love” (1992)... We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same”.

As an Image Consultant for 35 years I have heard countless stories of how improving one's image has resulted in obtaining a dream job, promotion and a husband. These testimonies fuel my passion to continuous research to deliver innovative products and services that empower women to live happier lives.

Discover how to look and feel your best at the “Holistic Fall and Holiday Beauty Seminar” on November 12th, 2016. For more information call (720) 289-5647 or email artofbeauty@rhodadesigngroup.com Be Well, Be Beautiful! Happy Thanksgiving!

❖ Rhoda Johnson, 303-755-2345 www.rhodadesigngroup.com/

Ms. Colorado Senior America Pageant Organization Looking for New Members

By Rene Green, MCSA Publicity, grnborzoi@gmail.com

We are strong. We are vibrant. We are beautiful and talented. We are the Ms. Colorado Senior America Pageant!

If you have reached the "Age of Elegance" (60 and up) and you are still self confident, vivacious, and joyful, come be a contestant at the 2017 Pageant. It is on April 23, 2017, at the Lakewood Cultural Center, 470 S. Allison Parkway, Lakewood, CO.

Our organization is filled with committed senior women who love to give back to their community. They perform at senior centers, veteran centers, and other venues and love to continue to share their personalities and talents to enrich the lives of others. You can join this wonderful club by competing in the Pageant. All contestants become automatic members of the Colorado Cameo Club (CCC), the supporting arm of the organization.

During the pageant, contestants are scored by a panel of judges looking for the lady who best exemplifies the inner beauty and dig-



Sylvia Boyd

nity of a Ms. Colorado Senior America. Criteria used is a private interview, an evening gown competition, a statement that conveys her philosophy of life, and a talent presentation that demonstrates that a woman's accomplishments need not diminish with

maturing age. If crowned queen, you can have the same wonderful experiences as the 2016 Queen, Sylvia Boyd, who has appeared in parades, was featured on the TV and radio, performed at many showcases, and competed at the Ms. Senior America Pageant in Atlantic City, NJ, in October.

Applications are now being accepted. If you interested in this exciting organization, visit our website: www.colosramerica.com, on the 'Become A Contestant' page. For more information, contact Shari Ortiz, 303-410-1605, sharimcsap@Q.com/. Applications are due March 1, 2017.

You can also support this group by booking a talent show, call Ramona DeLaney, 303-759-8148, or by attending the pageant. Tickets are available in March 2017 from the Lakewood Cultural Center.



ALL ABOUT VISION LOSS

Tuesday, November 15th, 6-7:30 pm

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Presented by:

Shirley Proppe, Program Director at A3

A3 is a non-profit dedicated to maximizing possibilities for those with vision loss: Adapt, Adjust and Achieve Maximum Independence.

And

Kim Ann Wardlow, Director of Marketing, Audio Information Network of Colorado

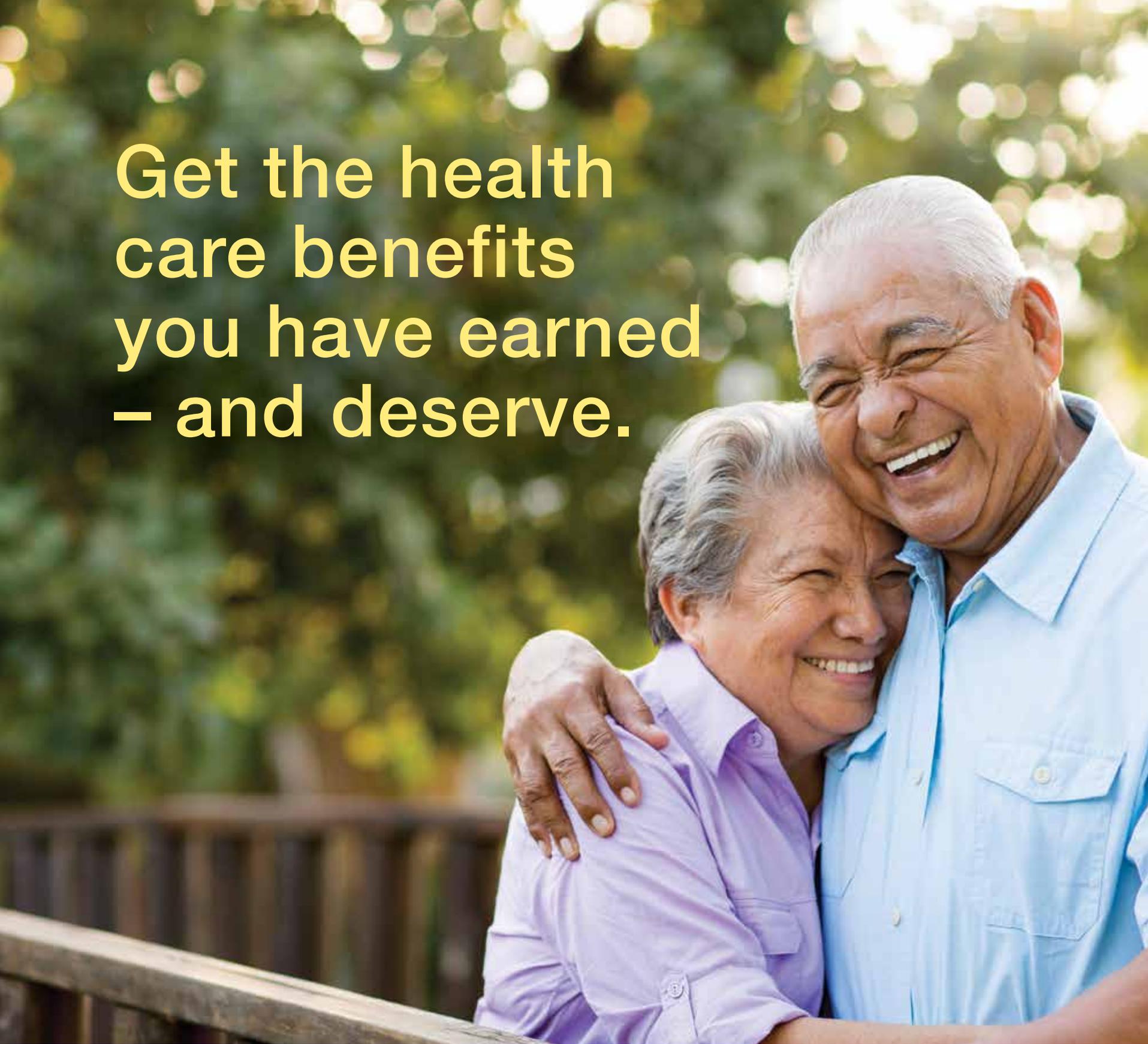
AIRC is a non-profit which provides free audio access to magazines, grocery ads, calendars of events, public service announcements and nearly 100 Colorado newspapers.

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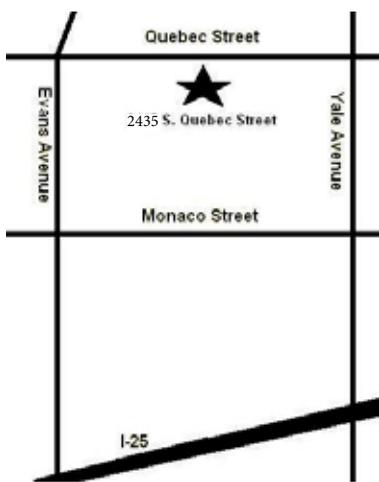
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Indoor Cycling Motivation

Relentlessly the doctor's advice is, "You need more cardio exercise to keep your heart healthy."

But let's face it, I can't think of anything more boring than pedaling a bicycle inside. I mean, isn't the main joy of riding a bike to go somewhere - explore new places and get some fresh air? So, I wonder as I'm looking at the exercise bike gathering dust in the corner, what's the answer?

Indoor cycling is healthy and provides increased muscular endurance, lowered stress levels, and aids in weight control. And its safer: sadly, in 2014 there were 50,000 cycling accidents resulting in injuries in the U.S. alone.

So cycling inside is a logical solution, but how to keep it interesting? Playing videos such as Bike-O-Vision showing down-the-road scenery and discovering what's around the next bend piques riders' curiosity. When the videos explore exotic, famous destinations, even the most stubborn couch potatoes can get in the mood for serious cardio workouts.

In cities, gyms with indoor cycling (spinning) classes are popu-



lar, but now people in rural areas and smaller communities who want to ride at home can take advantage of the motivating power of virtual reality without the fuss of a long commute. For example, Bike-O-Vision.com provides a series of 54 different videos that feature the amazing natural beauty of national parks, Europe, and tropical islands.

Indoor cycling videos are used with the riders on their exercise machine in front of a TV playing a DVD. Regular old exercise bikes work fine as do recumbents, ellipticals, and treadmills.

So if losing weight, improving your heart's health and your mood, or working to keep Alzheimer's at bay seem like good ideas, get out that bike or treadmill, put in a Bike-O-Vision DVD, and get motivated!

Uniquely Bea

Treasures, Trash and Other Stuff

As many of us begin to look around at all the stuff that we have accumulated over the years, it is time for us to do a serious assessment of what are treasures, trash and other stuff.



Bea Bailey

Most people have made a decision on who they plan to leave the personal mementos collected over a life time...their kids...niece/nephews...or maybe crazy Aunt Mabel. If the item in question is not a personal "deal breaker", why not consider giving it to that special person NOW? For example, my daughter, Wendy, has always revered my mother even though she died way before my daughter was born. On a recent visit, I gave her my mother's wedding ring.

Wendy was absolutely thrilled to be given the ring and I was thrilled

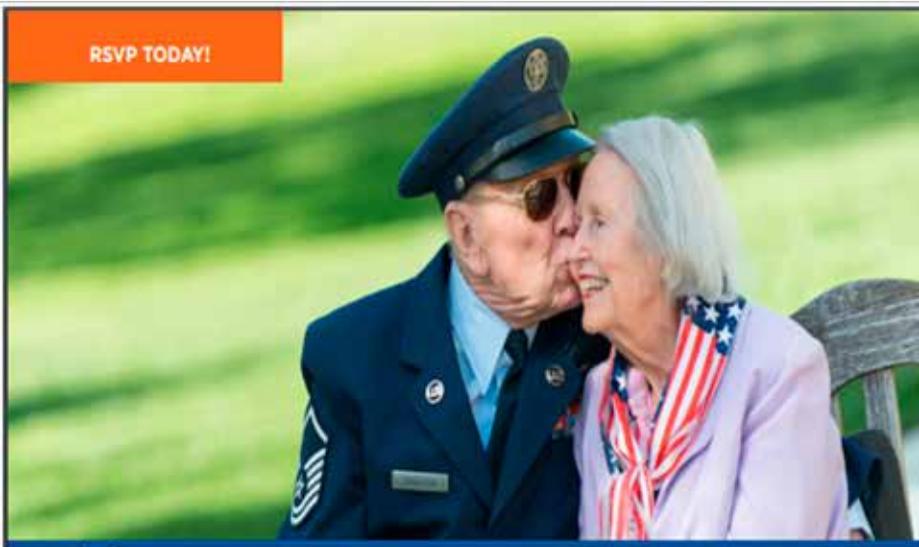
to be able to bring that big smile on her face.

Stand back and look at all of your "collectibles"...do you really need the 87 empty cookie tins on the shelf in your garage? Why leave this clutter for your kids and friends to sort through.

Now if you do have some treasures that you are not ready to give away, why not inventory these things and make a notarized list of who you want to receive these items. You can even put Post-It Notes on the bottom or the back of items with the names the recipient on the note.

However, if you have people floating in and out your house looking at the Post-Its on the bottom of your marble and glass table or turning over the back of a painting, there are other issues in play and you might want to rethink your Treasure, Trash and Other Stuff distribution list.

❖ *Beatrice Toney Bailey, TV Host, Author & Lecturer, farewellmyfriend.net*



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Experience the Dutch Countryside on a Luxury Floating Hotel

By Ron Stern, Travel Photojournalist

It's morning and the crew of the Panache, one of the fleet of luxury barges with European Waterways, has just departed Amsterdam on its way to Alkmaar. This will be the first stop on its slow-moving voyage through the Dutch countryside along Holland's canals. On board, guests revel in the experience as they enjoy great food, fine wines and million dollar views along the way.

The Panache is a floating luxury hotel and completely redefines the term barge. This includes 12 comfortable guest cabins with in-room double sinks and oversized showers, a lounge with large panoramic windows, a sun deck with a spa pool, and a dozen bicycles for exploring. Add to that a crew of 6 attending to your every need, daily excursions, wine and cheese presentations, and a chef who delights in preparing delicious, international cuisine, and you begin to under-



stand why these sorts of vacations are widely popular.

April is tulip season and visitors eager to view Holland's colorful flowers have booked months in advance to visit the most popular destinations in the Netherlands. After the Panache docks, Alkmaar guests can explore this typical Dutch maritime village of col-

orful windmills, traditional shops and a museum. Here, you'll see how Gouda and other cheeses are made, browse thousands of wooden shoes and watch as local artisans show you how the clogs are created.

Back on board, Chef Frank

Schaart, as much of an artist as he is a chef, is preparing lunch for the guests. Today's offering consists of Asian shrimp salad, avocado and mango compote and poffertjes with honey. These multi-course menus are meant to be savored slowly, accompanied by fine wines and good conversation.

This is just the beginning of your week-long itinerary, packed with exciting adventures. To learn more, visit www.gobarging.com.

FTC Disclosure: This was a sponsored trip. All opinions herein are the author's.

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Aging Well

Safe Driving

In Colorado, crashes involving drivers age 65 years and older resulted in 519 fatalities and 2,602 serious injuries between 2007



Jan Douglas

and 2012. In 2012, 18% of all fatalities resulting from crashes on Colorado roadways and 13% of all serious injuries involved one or more driver's age 65 or older. Awareness can help bring these numbers down. Driving is a skill that can and should be continually improved. There are resources to help seniors or "experienced drivers" keep driving knowledge fresh and get the most out of vehicles, while reducing risk to them, their passengers, and others. As a person ages it is important to understand how to adjust for slower reflexes, weaker vision, and other changes.

Functional decline related to conditions associated with aging does not affect drivers at the same rate or in the same way. Although specific abilities needed to drive safely—such as vision, memory, physical strength, reaction time, and flexibility—may decline as we age, the rate of change varies

greatly across the older-adult population. Many older people do not differ significantly in their driving habits from their middle-aged counterparts who statistically are the safest group on the road. Older adults can continue to drive safely by improving functioning, learning new or compensatory strategies, or using adaptive equipment.

Online courses are helpful but taking a driving class will include driving tips and ensure a person has up-to-date driving techniques and an understanding of the latest vehicle technologies. Here are resources to help all drive as safely as possible, for as long as possible.

Senior driving classes:

- AARP Driver Safety, http://www.aarp.org/home-garden/transportation/driver_safety/
- DriveSafe Driving School, drivesafecolorado.com

Other Resources:

- AAA Roadwiser (medication info), <http://roadwisers.com>
 - Smart Features <http://seniordriving.aaa.com/SmartFeatures>
 - CarFit, <http://www.car-fit.org>
 - Colorado Resource Guide for Older Drivers, Older-Driver-Booklet-PRINT-2016-rv1.pdf
 - Alcoholandtheolderdriver, <http://www.claimsjournal.com/news/national/2014/03/07/245624.htm>
- ❖ Jan Douglas, Experienced Driver Coordinator with Drive Smart.



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In The Spirit

Every Day Is A Gift

“Teach us to number our days that we may gain a heart of wisdom now.”
Psalm 90:12 (NIV)



Henry Armington

Sometimes our days can be so full and busy that we forget how fragile life really is. It's easy to allow little things to creep in and steal our peace and joy. Maybe something doesn't go our way or someone says some-

thing upsetting. Even traffic can cause us to lose focus if we let it. We have to remember that each day is a gift. If we choose to focus on what's wrong, we'll miss the beauty that each day has to offer.

I encourage you today; don't let the precious moments of life pass you by. Don't wait for holidays and birthdays to show people that you care. Remember, each day is unique and cannot be replaced or exchanged. You have been given time that can be invested or wasted, hours that can be used or misused. That's why the psalmist prayed to God, “Teach us to

number our days”. He was saying, “Teach us to value every moment we've been given”. Happy Thanksgiving!

❖ *For more inspirational nuggets, purchase a copy of “How To Get Your Hands Out The Lion Mouth” via Amazon.com or pay a visit to DrArmington.org at your convenience each Sunday at 10 a.m. (CST) for Live Streaming!*

**Say You Saw It in
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Wheat Ridge Active Adults

303-205-7500

Fall Harvest Dinner. A turkey dinner with all the trimmings along with lively musical entertainment on Friday, Nov. 18th. \$11, call to register!

Movie Matinee. Free monthly: “Mother's Day” is shown on Tue, Nov. 29, 1pm.

Technology. Makan Tabrizi, our gadget guru, can help you. Computer, Camera, Phone or Tablet 1-on-1. Private 1-hr. session, \$35/hour. Call to schedule.

Dance. A wide variety of ongoing dance classes which include: Beginner to Advanced Tap; Belly Dancing, Hula, Ballroom, Zumba and Western Line Dance. Call for more information.

Evening Fitness Classes. Qi Gong: 6-weeks, Wed. Nov. 30, 4:30 pm, \$39, SilverSneakers discount. Yoga: 6-weeks, Wed. Nov. 30, 6 pm, \$38, SilverSneakers discount.

Improve Your Golf Game.

6-weeks, Thu. Dec. 1, 5:30pm, \$50, discount for SilverSneakers, call to register.

Art Classes. Lots of fun, new classes starting soon; call for more info. Watercolor Christmas Cards: Fri, Nov. 4, 1-3:30pm, \$10 + \$15 supplies. Poinsettia Watercolor Cards: Fri, Nov. 18, 1-3pm, \$10 + \$10 supplies. Silver Casting: Pine Needles, Sat, Nov. 5, 1-4pm, \$50.

Special Interest Groups. Drop-in fees \$2 unless otherwise noted. Duplicate Bridge: every Mon, 12-3:45pm, bring a partner, \$2.50 ea. Low Vision Support: 3rd Tues, Nov. 15, 1:30-2:30pm, Free. Write & Share: 4th Tue, Nov. 22, 2-3:30pm. Krafty Needles: Knit & Crochet, every Tues, 9:30-11am. Social Bridge: every Tue, 12:40-3:45pm. Smile-Hi Healing Laughter: every Tue, 12:15-1:15pm. Silversmith Lab: every Wed, 9-noon, Woodcarvers Guild: every Wed, 1-3:30pm. Booktalk: Thu, Nov. 17, 10-11:30am Book: Watchers by Dean Koontz. Pinochle: every Fri, 12:30-3:30pm.



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34th Annual Craft Fair. Fri, Nov. 4, 6-8:30 pm, Sat, Nov. 5, 9 am-3 pm. Over 50 tables of handmade gifts. \$2 or free with new school supplies donation.

Santa's Breakfast. Sat, Dec. 3, 9 am. Bring kids & grandkids for breakfast with Santa and entertainment. Register by 11/30, \$5/person age 3 & up, children 2 & under free, but register. Children must be accompanied by paying adult.

Veterans' Day Salute. Fri, Nov. 11, 1-2 pm. Stop by to enjoy root beer floats and share stories with other Vets. Military veterans & spouses/widows are free; all others \$2. Register by 11/8.

Cybersecurity. Thu, Nov. 17, 1:30-2:30 pm. A look at how governments and the private sector are responding to the threat. Register by 11/14, Free.

Art Classes. Fees vary. Knitting & Crochet: Tue, Nov. 1-Dec. 6, 10:30-12 pm. Bob Ross Painting: Thu, Nov. 17, 12-5 pm.

Computer & Technology. Learn basic to advanced use of the computer in a small class setting. Topics

include Windows, Word Processing, and 1-on-1 Personal Training. Call for times and fees.

Beyond the Basics. Preserving Photos Online. Thu, Nov. 10, 11-noon. Save, store & share photos online. \$4/\$5 by 11/4.

Parkinson's Care Partners. Fri, Nov. 11, 1:30-2:30 pm. If you care for a person with Parkinson's, share tools and tips. Free, designed for providers only. Note: during this time a Parkinson's Fitness class is available, call for details and fees.

Free. Blood Pressure & Blood Sugar checks: Wed, Nov. 2, 9:30-11:30 am. Eye Glass Service: Mon, Nov. 14, 9-noon. Parkinson's Support: Thu, Nov. 17, 1 pm. Low Vision Support, Wed, Nov. 16, 11 am.

Medicare Changes 2017. Mon, Nov. 7, 7-8 pm. Learn the basics & resources to help you maneuver the Medicare maze. Free, register.

Craft Carousel Gift Shop. Open Mon-Fri, 9:30-3:30 pm. Located in the Center, it features variety of handmade items from over 100 consignors, including scarves, hats, jewelry, quilts, baby gifts & more.

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Islamorada Fish Company. Thu, Nov. 6. Owned and operated by Bass Pro Shops, they boast one of the best menus in the city, \$ on own. Includes transportation and travel leader. Sign up.

Thanksgiving Celebration. Fri, Nov. 21. Warm up to the holiday season with this outing that is a Thanksgiving-style dinner. An attraction is included. Includes transportation, meal and motor-coach driver gratuity. Sign up.

Life Time Candles. Mon, Nov. 24. Find new Christmas gifts and ideas at this unique location. Includes transportation, meal and motor-coach gratuity. Sign up.

Ski & Snowshoe. Planning downhill ski trips to Ski Cooper, Copper Mountain, Loveland Basin and a wide variety of nordic centers for cross-country skiing and snowshoeing. Let us do the driving and join our fun, friendly group! For a complete list of ski trips and what to pack, call.

Back Up Your Computer. Wed, Nov 4, 5:30-8:30 pm. \$16/\$18. Don't lose valuable documents. Learn the built-in back up methods for win-

dows and how to pick the files you wish to save. Bring an external hard drive or a USB drive.

Family Newsletter. Fri, Nov. 13, 9-noon, \$16/\$18. Give the gift of your story! Use a computer to make a beautiful letter with pictures and text while using fun borders and symbols to dress it up.

Ballroom Boot Camp. Sat, Nov 21, 2-4 pm. \$14/\$16. Learn the basics of rumba and cha cha. There will be breaks between the dances, time for practice and individual help.

Saturday Night Dance. 7-10 pm, 2nd, 3rd & 4th Sat. each month. Open at 6 pm. Dance to a live band. Refreshments served. \$7 per person. Bands: 11/12: Perfect Harmony; 11/19, Tom Allan Variety Band; 11/26, Lois Lane.

First Friday Afternoon Tea Dance. 1-3:15 pm, the 1st Fri. each month. Listen to live music and dance the afternoon away! \$5 per person. This month's band is Jim Erhlich. Lunch is also available at 11:30 am, before the dance for those age 60 or older through the VoA. A \$2.50/\$7.25 requested. Reserve meals 2 business days in advance by calling before 11 am.

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Oil. Tue, Nov. 1, 10-11 am. Over the past couple years the price of oil has gone from over \$100 per barrel to, at times, less than \$30 per barrel. Explore the causes and consequences of this dynamic. Jewish Community Center, 350 S Dahlia St, Denver, C Free. Info: 303-316-6359.

Veterans Day. Fri, Nov. 4, 2-3 pm. Explore the significance of this holiday and the issues and contributions of those who have served our country. Eugene Field Library, 810 S University Blvd, Denver, Free.

Brexit. Fri, Nov. 4, 2-3 pm. On June 23rd, British voters elected to exit the European Union. Place this event in historic context and explore where this path may lead. Virginia Village Library, 1500 S Dahlia St, Denver, Free.

Venezuela. Sat, Nov. 5, 1:30-3:30 pm. Explore how this once promising economy and evolving democracy has wound up in shambles and explore what the future holds for this important South American country. Skystone Lodge, 11057 N Montane Dr, Broomfield, Free. RSVP: 303-482-2213, x208 or angela@advancehoa.com

The Evolution of NATO. Tue, Nov. 8, 12:30-1:30 pm. Look at the triumphs and challenges of NATO and how it continues to adapt to the 21st century landscape. Tattered Cover, 2526 E Colfax, Denver, Free. Info: 303-322-7727.

Spices. Wed, Nov. 9, 2-3 pm. Trace the rise of spices from colonialism and the spice trade to the hundreds of varieties that are commonly stocked in supermarkets. Heather Gardens Aud, 2888 S Heather Gardens Way, Aurora, Free. RSVP: 303-751-1811.

Romantic Nationalism in Music. Wed., Nov. 9, 3-4 pm. Explore the notion of romantic nationalism and how this was expressed in the music of composers such as Schubert, Wagner, Smetana, Rimsky-Korsakov and more. RiverPointe, 5225 S Prince St, Littleton, Free. RSVP: 303-797-0600.

Brazil. Thu., Nov. 10, 6:45-7:45 pm. The country covers nearly half of South America: examine issues

in Brazilian relations with the U.S. and address the expansion of Brazilian economic influence globally. Sam Gary Library, 2961 Roslyn St, Denver, Free.

Chocolate. Sat, Nov. 12, 1:30-3:30 pm. How bitter cacao beans are transformed into one of the world's most sought after flavors with stories such as the origins of the Hershey company. Ralston Creek Senior Living, 11825 W 64th Ave, Arvada, Free. RSVP: 720-386-0065.

Venezuela. Wed, Nov. 16, 1:30-2:30 pm. See previous discription. Washington Street Community Center, 809 S Washington St, Denver, Free. RSVP: 303-733-4643.

The History of Tea. Thu, Nov. 17, 1-2 pm. Includes the role tea played in colonial empire building, the different types of tea, how it is grown and processed, who grows and drinks the most and more. Castle Rock Senior Center, 2323 Woodlands Blvd, Free. RSVP: 303-688-9498.

Cybersecurity. Thu, Nov. 17, 1:30-2:30 pm. A look at how both governments and the private sector are responding to threats. Also, the potential impact this has in the realm of U.S. international relations. Community Recreation Center of APEX, 6842 Wadsworth Blvd, Arvada, Free. RSVP: 303-425-9583.

The Supreme Court. Thu, Nov. 17, 2:30-3:30 pm. Examine the current dynamics surrounding filling a vacancy on the highest court in the land. Atria Inn at Lakewood, 555 S Pierce St, Free. RSVP: 303-742-4800.

Australia. Thu., Nov. 17, 3-4 pm. The Land Down Under is a country, an island and a continent. Review Australia's beginnings as a prisoner settlement, its role in numerous global conflicts and its modern challenges to protect its unique features. Ross-University Hills Library, 4310 E Amherst Ave, Denver, Free.

Turkey. Tue, Nov. 22, 1:30-3:30 pm. Explore Turkey's past and current challenges, including its struggles with its Kurdish minority and its role in the rise of the terrorist organization ISIS. Garden Plaza of Aurora, 14221 E Evans Ave, Free. RSVP: 303-750-0820.

Winston Churchill. Tue., Nov. 22, 5-6 pm. Examine Churchill's life before becoming prime minister of England, his years in the job, and his lasting impact on his country and the world. Tattered Cover, 2526 E Colfax, Denver, Free. Info: 303-322-7727.

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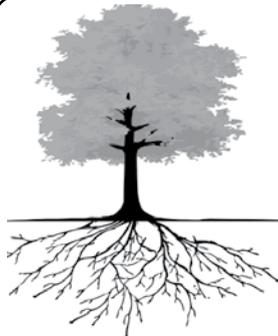
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Meet near the Baseball Diamond

TOPIC: COPD & Emphysema

Saturday, October 8th 8am Crestmoor Park

Off of S. Locust and Cedar (Near Alameda) in Denver
Meet near the Tennis Courts

TOPIC: Asthma

Saturday, November 5th 8am Bible Park

Off of Yale Between Monaco and Quebec in Denver
Meet near the Baseball Diamond

TOPIC: Sleep Apnea

Saturday, December 10th 8am Crestmoor Park

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Chocolate & Canvas. Follow step by step and take home your own

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Knitting & Crocheting. Learn new stitches and techniques to knit or crochet. Plus learn how to determine a gauge. For all skill levels. Supply list provided at the 1st class. Tues. Nov. 8-21, 5:30-7:30pm, \$31/\$26.

Social Ballroom Dance. Incorporates how to move around the dance floor, proper placement of hands and arms, how to tie steps together, and specific footwork. Practice Latin and American style dances. Nov: Quick Step. Mon, 3-4:30pm, \$5/drop-in.

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ACROSS

- 1 Shrewd
- 5 Ancient Hebrew coin
- 10 Prison room
- 14 Traditional knowledge
- 15 Deliver an oration
- 16 Migrant farm worker
- 17 Scottish Celt
- 18 Mistake
- 19 The sacred scriptures of Hinduism
- 20 Experts
- 22 Boundless
- 24 Gravel ridge
- 25 Set again
- 26 Delicatessen
- 29 Reddish dye
- 33 Move quickly
- 36 Meat and vegetables on a skewer

DOWN

- 1 Pond scum
- 2 Highways
- 3 Small stream
- 4 Aided
- 5 Departs
- 6 Sin
- 7 Less common
- 8 Make amends
- 9 Groups of animals
- 10 Eagerly desirous
- 11 Supplements
- 12 Covers
- 13 Meadow
- 21 Migrate
- 23 Sly look
- 27 Monetary unit of Bulgaria
- 28 Large wading bird
- 30 Obstacle
- 31 Information
- 32 Russian no
- 33 Sixth letter of the Greek alphabet
- 34 Monkeys
- 35 Pillar
- 37 High-pitched
- 38 Blue-gray
- 41 Rousing
- 43 High mountain
- 46 Bedouin
- 48 Ulcerated chilblain
- 52 Spur
- 54 Repasts
- 55 Remove a cap
- 56 Gravy
- 58 Blandly urbane
- 59 Urge forward
- 60 Wary
- 61 Objectionable
- 62 Pitcher
- 63 Spawning area of salmon
- 64 Soviet secret police
- 66 Golfers mound



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