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NEWS



March 2017 • Volume 23 • Issue 3

What A Difference A Year Makes

By Steve Grund

At 9:00 a.m. on March 15th, the doors open to the Old Supreme Court Chambers; and, Senior Day at the Capitol commences for the 36th year. We have a lot to discuss.

Our lifeline to healthcare is in the crosshairs. That puts seniors in play, and when seniors are in play, seniors are in politics. This is not politics practiced by the pros, but politics practiced by motivated people. These active people have a deep curiosity engaging a system that is not that hard to grasp. Join us, and get a good taste of it here:

Governor Hickenlooper and Lt. Governor Lynne are both scheduled to engage the audience, likely with their Healthcare Day of Action, their bold new agenda.

Colorado Senior Lobby's volunteers, who produce this event every year, host a citizen interac-



tive roundtable in the afternoon session for all who attend. Former state leaders facilitate that discussion.

Certainly the most refreshing element this year is coming from Metro State University's [M] Media students. They are not only providing production coverage for the day's events, but conducting interviews, streaming the event to

various locations throughout the state and providing live coverage to their own Internet station. It's hoped the interaction of the young with the not-so-young helps to create a model for further partnerships down the road

Most importantly, you get to talk to your leaders directly. Tell them what's on your mind; ask them to share ideas on how to ad-

dress the issues that challenge your lives each day.

Learn more about the event, the streaming, the Senior Day afternoon luncheon and Colorado Senior Lobby at the group's website. Sign up for our eNewsletter and weekly legislative updates. We are advocating for all Coloradans, because we are all aging. www.ColoradoSeniorLobby.org

Make Healthy Shifts in Food Choices

During National Nutrition Month®, celebrated each March, the Academy of Nutrition and Dietetics encourages everyone to "Put Your Best Fork Forward" by making small, healthy shifts in food choices when cooking at home. The 2015-2020 Dietary Guidelines for Americans recommend making small changes to eating patterns to

include healthier ingredients while cooking at home. Choosing a variety of healthful foods across and within all food groups helps reduce the risk of preventable, lifestyle-related chronic diseases including cardiovascular disease, type 2 diabetes and obesity.

"Evidence shows that making dietary and lifestyle changes can prevent diseases before they occur," says registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson Angel Planells. "During National Nutrition Month and beyond, make small, healthier food choices – one forkful at a time." Planells encourages everyone to eat more of these foods:

- Vegetables, including dark green, red and orange, beans, peas and others
- Fruits, especially whole fruits
- Whole grains
- Fat-free or low-fat dairy includ-



ing milk, yogurt, cheese and fortified soy beverages

- Protein foods including seafood, lean meats, poultry, nuts, soy products, beans and peas
- Oils including canola, corn, olive, peanut, sunflower and soy

"It's important to create an eating style that includes a variety of your favorite, healthful foods," Planells says. "Consider cultural and personal preferences to make these shifts easier to maintain."

To find a personalized plan that works best, Planells suggests consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow nutrition advice to meet your preferences and health-related needs.

As part of National Nutrition Month, the Academy's website includes articles, recipes, videos and educational resources to spread the message of good nutrition and a healthy lifestyle. Consumers can also follow National Nutrition Month on Facebook and Twitter (#NationalNutritionMonth).

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at eatright.org.

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MARCH

Calendar

Colorectal Cancer Awareness
National Kidney Month
National Nutrition Month®

Wednesday/8

JeffCo International Women's Day 'Step It Up.' 11:30–1:30 pm, Denver West Marriott, Golden, \$35. Networking, Speakers, STEM Awards, Luncheon, Door Prizes Info & reservations: www.ipxpowerfoundation.org

Sunday/12

The Confluence War and Peace concert, 3 pm, St. Paul's Episcopal Church, 9200 W. 10th Ave, Lakewood. \$15/adults; \$9 seniors/students; children under 6 free. Info: 303-279-2932 or confluencechoir.org.

Wednesday/15

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

Friday/17-Sunday/19

Denver Home Show, National Western Complex. Shop, compare and save. From kitchens and baths to landscaping and more, don't miss this Show. Info: www.homeshowdenver.com/

Monday/20

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

Tuesday/28

TRIAD 1:30 pm, Jffco District Attorney, 500 Jefferson Cty Pkwy, Golden. Program: Jeffco Crime Lab Tour., 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...

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www.seniorhousingoptions.org

Find Einstein



Can you find the hidden Einstein in this paper?

Ageless Beauty

Coming out of the Shadows

Spring begins this month and it is welcomed by the fresh beauty of budding trees and flowers. Left behind are the shadows and barrenness of Winter. Forward we spring into a new time zone. It is this wonderful language of nature that prompts us to new beginnings.

Color is the messenger of new beginnings and its vibrancy inspires us to joy and creativity.

Light vibrating at various speeds is how we experience color. Wearing the palette of color that harmonizes with your hair, eyes and complexion communicates non-verbally that you are grounded in who you are. Further, it communicates authenticity and credibility.

Now is the time to step out of



Rhoda Johnson

the shadows (wearing black) and chaos (wearing colors that do not enhance you) to embrace your best personal truth of self expression. Rhoda Design Group offers a unique approach to color analysis that results in harmony that resonates a higher vibration of your personal aura. This enhances your wellbeing and your social and professional value.

This Women's History month, wage disparity is still an issue. Studies indicate that women with a polished image earn 20-30% more than women who don't. Rhoda Design Group is especially passionate about empowering women to be seen and heard by offering a variety of wellness based Image consulting products and services.

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❖ Contact Rhoda Johnson at artofbeauty@rhodadesigngroup.com or (720) 289-5647.

Colorado Senior Softball

The Colorado Senior Softball Asssoc. (CSSA) is preparing for the 2017 season.

CSSA is a nonprofit organization that organizes and manages a softball league as a means for recreation and exercise for senior citizens, 50 years of age and above. The league is managed by a Board of Directors made up of members from the Recreation Centers and from the ranks of players who volunteer their time. Teams play through the numerous recreation and senior centers throughout the front-range area, with teams participating as far south as Castle Rock, as far north as Greeley and Longmont, west to Evergreen and east to Aurora. Teams are divided into divisions based on competitive level and schedules are developed. Games are played in the regular season schedule that runs from the third week in April until early August. End-of-season tournaments are then played in August.

The league organizes the regular senior teams (50 years of age and above) into seven divisions who play double-headers on Wednesday mornings, and the 70's teams (70 years of age and above) into three divisions who play double-headers on Monday mornings. In 2016, there were forty-nine regular teams and twenty-one 70's teams who participated.

For more information check the CSSA website at www.coloradoseniorsoftball.us, call your local recreation or senior center or call the CSSA Commissioner, Stan Harbour, at 303-721-8037.

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Todd Creek Golf Club House 8455 Heritage Drive TUESDAY, MARCH 28TH

From I-25 exit Hwy 7 East (East 160th) 5 miles to Yosemite (traffic light). Turn right (south) then right on onto Heritage Drive. Club House on right.

SENIORS ON STAGE

- 10 am—Dancing with the Seniors
 Ballroom Dance Demo
- 11 am—Vicki's Traveling Boutique
 Fashion Show
- Noon—HTC Dancers
- 1 pm—Sweets for Seniors

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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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Thornton/Brighton Senior Connection

Live Entertainment and Free Admission at Thornton/Brighton Senior Connection Show March 28

The popular Senior Connection Show, for active seniors... and anyone planning to become one... will be held on March 28. This is our fifth year at Heritage Todd Creek, a golf retirement community just five miles east of I-25 and south of Highway 7 in Thornton. The show will be held in the main clubhouse ballroom.

What would you rather be doing on a Tuesday? There is plenty of accessible and free parking. It's an open house between 9:00 am and 1:00 pm but come early to enjoy all the vendors, prizes, on stage action and desserts!

Seniors on Stage features short entertainment sets by senior citizens with all types of talents. At 10

am, ballroom dance duo Sylvia and Ted take to the stage. A long time favorite of Senior Connection shows for the past 12 years, Dancing with the Seniors offers a taste of 5 to 6 different popular dances.

We are always pleased to have Vicki's Traveling boutique sponsor the fashion show at 11 am. The entire boutique will be set up on the show floor and you can buy direct. Enjoy this year's fashion show then choose your favorites in sizes small to XXXL.

The grand finale on stage is a new production by the Heritage Todd Creek Dancers. Led by Judi Frost, this team always surprises with their song choices and choreography. The act includes singers as well as dancing and will have a country theme. Don't miss the final on stage production at noon by the HTC Dancers.

We will end the day with a complimentary dessert table at 1:00 pm called Sweets for Seniors.

Guests win door prizes by playing the roulette wheel. Each person will be given two tokens when they enter the ballroom. They will pick up additional roulette wheel coins as they visit each of the vendors in the hall.

Senior Connection is not just about entertainment, though. It will showcase an array of products and services that cater especially to the tastes and practical needs of today's seniors. Participating vendors will offer financial planning, health and fitness options, legal services, insurance, cosmetic surgery, cruises, massage, assisted living, retirement communities, home health, handyman services, medical equipment and supplies, senior travel packages, and jewelry.

Follow the Senior Connection Show on face book then call a friend and plan to spend the morning at Senior Connection. There is no admission charge and all ages are welcome.

FYI**National Colorectal Cancer Awareness Month**Prevent Cancer Foundation
1600 Duke St., Alexandria, VA 22314
(800) 227-2732 • (703) 836-4412
pcf@preventcancer.org
www.preventcancer.org**National Kidney Month**National Kidney Foundation
30 East 33rd Street
New York, NY 10016
(800) 622-9010
(855) NKF-CARES (653-2273)
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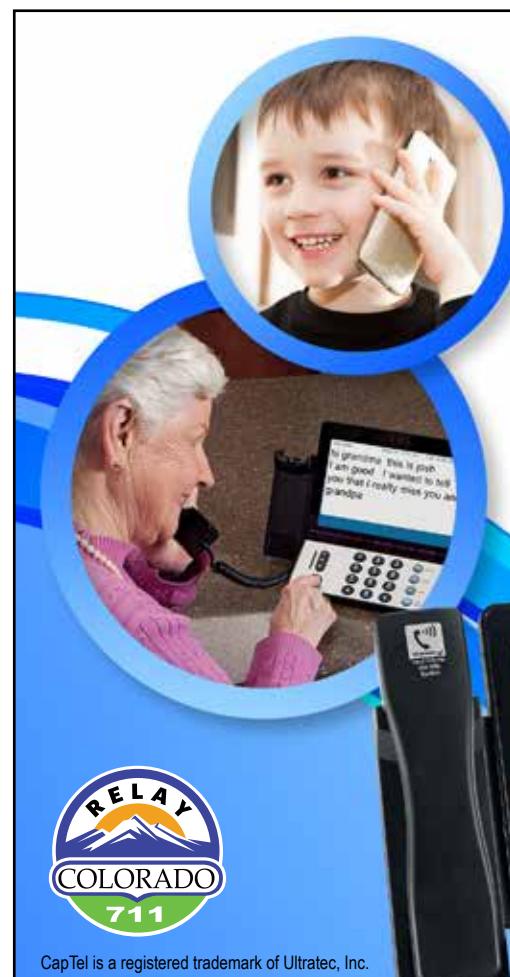
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Genealogy Rocks!**New Beginnings**

Every type of genealogical record calls for a new beginning. Now that you've looked at the census records, you might want to find the marriage record for the couple you found together in the 1910 census. The census indicates that the couple living in St. Louis, Missouri, has been married for four years – so they married in about 1906, possibly in Missouri.

**Carol Darrow**

Also note that the husband may say this is his 1st marriage (M1=4) while his wife says this is her 2nd marriage (M2=4). Therefore the name of the bride on the marriage certificate is not her maiden name but her name from her 1st marriage.

In Ancestry.com and in FamilySearch.org you can search marriage records for Missouri – there are four collections: Missouri Marriages, 1754-1850; 1851-1900; 1805-2002; and 1766-1983. Obviously the first two collections do not cover 1906. But you will have

to search both collections that include 1906. They were created by different indexers and may include some but not all of the counties in Missouri.

It is also possible that the couple went across the Mississippi River to get married in Illinois or gone down the river to marry in Arkansas. You will need to check each possibility. You may also want to consider the reasons for "eloping" across the river. Perhaps the permissible age of marriage is lower in an adjoining state, or there is no three-day waiting period to marry. Some marriage licenses are online as digital images. If there is no image, you may have to write to the county courthouse where the couple married and request a copy of the marriage license. You may also find additional information on the license such as the names of parents and the status of any first marriages (death of spouse or divorce).

❖ *Carol Cooke Darrow, Certified Genealogist, teaches a free beginning genealogy class on the second Saturday of the month at the downtown Denver Public Library, 10 am – noon, followed by guided practice on Ancestry.com from noon -2 pm.*

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Home Share Colorado

Building connections to support independence in aging and affordable housing

We are actively seeking good candidates for BOTH Home Providers and Home Seekers at this time. We have begun and have wonderful Home Providers looking to share their homes. Please see the list of criteria below for appropriate referrals to Sunshine Home Share Colorado.

The Home Provider MUST be over the age of 55.

Applicants must pass a clean background, DMV, and credit check with verifiable income

Have three verifiable references

Home Providers will be asked that utilities and mortgage are in good standing and home is not in jeopardy of foreclosure.

Individuals accepted as seekers need to have an income level sufficient to pay rent and/or have time and willingness to provide some services for a reduction in rent, or both.

Individuals with current, untreated substance abuse problems cannot be served by Sunshine Home Share. Persons in recovery must have two years' abstinence that can be substantiated with documentation.

Successful Home Sharers must have a degree of emotional stability, which allows them to be interested and involved in the welfare of others. This program is not appropriate for someone who may have problems that would create additional stress in a home living arrangement.

Sunshine Home Share does not provide home health care.

Home Share cannot provide emergency housing. The process of matching is a careful and somewhat time-consuming one and is not a "quick fix."

Our goal is to promote suitable and long-lasting Home Share arrangements. Our experience is that hurried matches do not last. It will take time for us to find suitable matches and for applicants to make careful decisions. People in need of short-term housing may apply, but many providers prefer a longer term commitment and referral opportunities may be limited.

Home Seekers and Home Providers are asked to give a match a 6-month trial period unless circumstances make this time commitment difficult to support.

Sunshine abides by fair housing laws. All final decisions regarding Home Sharing rest with the seekers and providers of housing.



Approved

Saint Joseph Hospital Welcomes Jameson (Jamie) Smith

Jamie Smith is the new President of one of the most historic hospitals in the Rocky Mountain Region. Jamie believes Saint Joseph Hospital is still dedicated to the 143 year mission of The Sisters of Charity of Leavenworth, Kansas.

Jamie Smith is a leader who is dedicated to improving patient care and outcomes, while developing lasting relationships with physicians and the community.

With healthcare being a necessity of life, there has to be some well thought-out and efficient health care delivery platforms to best serve the public. Jamie believes the best research, physicians, and personnel with State of the Art facilities all dedicated to delivering the best health care results Wins!

Saint Joseph is a research and training hospital that has built a new facility that Jamie envisions as not only a hospital but part of the community on many levels. They are developing a green space for stress relieve. Adding some access



to retail business that benefits the spirit of the hospital, the employees and the community.

Working with Kaiser and National Jewish Hospital for specialties benefits everyone. Relationships

like this provide better outcomes for all.

Jamie is a picture of dedication and finding ways he can serve. Before coming to Saint Joseph Hospital, Jamie served as Chief Administrative Officer and Senior Vice President at Penrose-St. Francis Health Services in Colorado Springs, and with Tenet Healthcare as a Vice President and administrator. Earlier in his career, Jamie was a Medical Platoon Leader in the Calvary Division at Fort Hood, Texas. He also served as the Administrator of the Department of Pediatrics at Walter Reed Army Medical Center for nearly two years, and worked in leadership roles in financial services companies.

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Reverse Mortgage

Four Reasons to Consider a Reverse Mortgage

Have you thought about how you will fund your retirement? Many retirees want to stay in their homes as they age, but have concerns about the strength and longevity of their portfolios.



Jim Doyle

As a homeowner, obtaining a line of credit via a reverse mortgage just might be the answer. Financial planners are recognizing the advantages of using the equity in your home to support your lifestyle throughout retirement without having a mortgage payment.

A government insured reverse mortgage, officially called a Home Equity Line of Credit (HECM), is an excellent way of taking advantage of the largest asset that you may have – your home. Being a non-recourse loan, your estate and/or your heirs will never be saddled with debt because the government insures that you will never owe more than the home is

worth.

Should your heirs want to keep the property, they can refinance it into their own names for no more than 95% of the appraised value, or at just the amount to repay the reverse mortgage, if that is lower. Should they want to sell the property, they will keep the proceeds above the amount of the reverse mortgage balance.

Only one home owner must be at least 62, and there are protections for the younger “non-borrowing” spouse. Now is the time to look into this option while interest rates are low. The line of credit that you establish will grow at about 5% a year providing a financial “safety net,” if needed. This is a good reason to get started sooner rather than later.

Speak to your local Reverse Mortgage Specialist to get information specific to your situation.

❖ **Jim Doyle, Reverse Mortgage Specialist, NMLS #335659.**
Jim is the VP of Lending and Reverse Mortgage Specialist at Silver Leaf Mortgage in Centennial, CO. Direct: 303-875-5994
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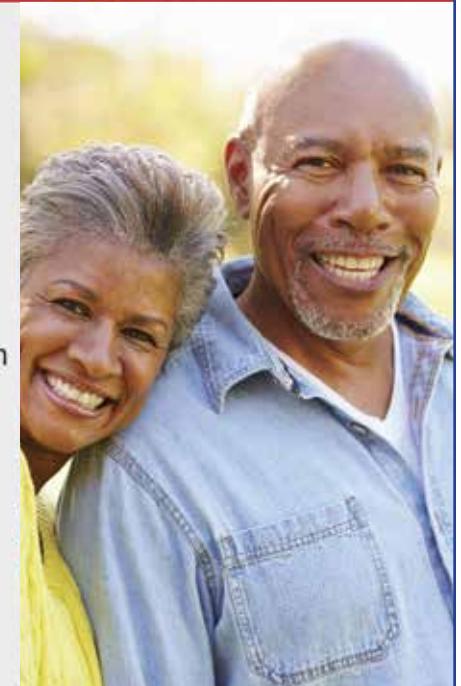
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Uniquely Bea

The Friendship Chain

To every thing there is a season, and a time to every purpose under the heaven. Ecclesiastes 3:1

I am not trying to get "churchy" on you, but what I am about to write echoes the verse above. As I look around at any unnecessary clutter in my life, I am also looking at friendships.



Bea Bailey

Not all friendships will mature at the same level or move in the same direction. However, there also some that I feel fall into the "obligatory" category. Well, we go to the same church, same club etc. and have known each other for so long...so I am obligated to maintain the friendship. News flash...you are not required to maintain these relationships. I went to my 50th class reunion a bit ago and had "fun", but actually have little in common with many of the classmates. I am not obligated to go to another one and won't.

There are some friends that I

view as friends who "sit out on my patio". I have some friends who "sit in my living room". However, I have really close ones that theoretically "sit at my kitchen table". Not everyone is going to make it to the kitchen table and I have made peace with that. I often tell myself, "If this was the last day of my life, would I spend it with that person?" This provides me with clarity of thought whenever I am juggling my many obligations.

"Friendship isn't about who you've known the longest, it's about who walked in to your life, said "I'm here for you," and *Proved it.*" —Unknown

❖ Beatrice Toney Bailey, TV Host, Author & Lecturer, farewellmy-friend.net

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Koblenz, Germany

Where the Rhine and Mosel Converge

It would be hard to find a lovelier off the beaten track city to visit in Germany than Koblenz. Ideally situated where the Mosel River flows into the Rhine, this city has a history dating back 2000 years starting from when it was a Roman settlement. Today, it is a top tourist destination of stunning beauty with a rich history and culture and a thriving culinary scene.

A strip of land marks the confluence of both rivers at the popular Deutsches Eck or German Corner. Visitors can gaze upon the colossal bronze statue of Kaiser Wilhelm I on horseback, triumphantly towering 120 feet above the city and affording grand views of the area from its pedestal.

The area all along this part of the Middle Rhine is buzzing with activity. Pedestrians or cyclists (You can ride all the way to Basel, Switzerland.) can explore miles of scenic beauty along the river's banks, but one of the best ways to see this area is to take a riverboat cruise.



For as little as €9, you can cruise for around 90 minutes with grand views of the river, which has been designated a UNESCO World Heritage Site.

Not to be missed would be the

cable car ride to the Ehrenbreitstein Fortress that overlooks the town (€11.80 for the cable car ride and castle visit). This is a culinary gold mine. Here, you can find pubs, ice cream, and konditorei or pastry shops. In one area, you almost have a side by side

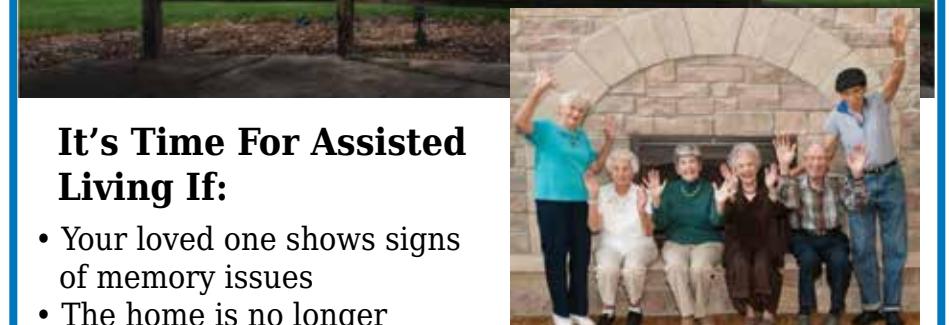
selection of Indian, Mexican, Italian, and Chinese restaurants.

Located in the Forum Confluentes building in the city center is the Romanticum. More than a typical museum, this is an interactive, highly imaginative educational center for the entire Middle Rhine region.

Gastronomically speaking, Ko-

bленз is a culinary gold mine. Here, you can find pubs, ice cream, and konditorei or pastry shops. In one area, you almost have a side by side selection of Indian, Mexican, Italian, and Chinese restaurants.

❖ Visit Ron Stern, Travel Photo-journalist, at www.globalgumshoe.com. Resources: *Historic Highlights of Germany*. This was a sponsored visit, however, all opinions herein are the authors.



It's Time For Assisted Living If:

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- Family members are exhausted trying to provide care

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Senior Day at The Capitol 2017



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When: Wednesday, March 15, 2017 – 9AM to 2PM

Continental Breakfast 8AM to 9AM served in The Capitol

Morning Session: The Colorado State Capitol (9AM to 11:30)
North 2nd Floor Mezzanine and Old Supreme Court Chambers
200 E Colfax Ave, Denver, CO 80203

Lunch Session: Scottish Rites Masonic Center (Noon to 2PM)
1370 Grant Street (across the Street from The Capitol)

Why attend?

Meet your legislators,
elected officials,
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learn about programs
and legislation affecting
older adults.

**Governor Hickenlooper
is invited!**

**Visit our website to RSVP,
purchase lunch and learn more
about Colorado Senior Lobby.**

***There is limited seating in the Chambers and
at the luncheon – RSVP Early!***

***Seating is first come, first served with the disabled
and seniors given seating preference.***

Questions? Call Colorado Senior Lobby at 303-832-4535

www.ColoradoSeniorLobby.org/senior-day-at-the-capitol/

This event will be streamed and we will have Colorado streaming sites. More details to come!

senior_day_at_capitol_3-15-17.pdf

Malley Senior Recreation Center

303-762-2660

St Patrick's Day Lunch. Fri, Mar 17, 11:30am. Wear green and enjoy an Irish lunch. Plus a performance by the Wicks School of Irish dancers. \$8/adv, \$10/door, at the Malley Front Desk. All ticket sales final.

Guest Speaker. Preethi Fernando, "Castles and Grand Homes of America and Beyond" Thu, Mar 23, 10am, \$6. From Colorado to Germany, exotic castles were built. They are filled with stories of luxury, espionage, murder, and the exuberant lifestyles of the filthy rich.

Understanding Dietary Fat. Is a low fat diet really healthy? Can bacon and butter really be healthy for me? Learn the differences between types of fat and how fats are used in the body. Plus, learn about oils, how they are processed, which ones are healthy and which are not. Mon. March 13, 1:30-3pm, \$15/\$12

Cooking Classes. A hands-on education in a variety of spring and summer food favorites. Learn to bake gooey fudge brownies from scratch for the month of March. \$15 supply fee, to instructor. Baking Basics, Brownies and Scones class on Wed. Mar 22, 3-5pm, \$21/\$19.

Wills, Trusts & Powers of Attor-

ney. Planning for disability and death can give peace of mind, reduce burdens for your loved ones, and help you leave a legacy instead of a mess. Learn about tools available, including powers of attorney, advance medical directives and wills. We'll touch on the probate process and long-term care considerations. Mon. Mar 27, 10-Noon, Free

Drawing Class. Create more depth and perspective in your drawings and paintings, and learn the secret of lights, darks, and shadows. Bring a soft pencil (2B) to class. A supply list provided. Mon. Mar 3-Apr 10, 1-2:45pm, \$44/\$41

Exploring Creativity. Everyone can create art, utilizing the creative river that flows within us. Utilizing various mediums and creative processes, learn to explore your creativity. Mon., Mar 6-Apr 10, 3-5pm, \$48/\$44

Eggshell Mosaics. Learn the fascinating and fun medium of eggshell mosaic art! Utilizing historical references as early as the Romans and the Greeks, learn to recreate mosaics, or create your own using eggshells that you clean and color. Materials: \$20, Tue. Mar 7-Apr. 11, 10-Noon, \$48/\$44

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Saturday, January 4th 8am

Bible Park

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

TOPIC: Scleroderma

Saturday, March , 4th 8am

Bible Park

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

TOPIC: Stents and Coronary Disease

Saturday, February 4th 8am

Crestmoor Park

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

TOPIC: Wounds & Hyperbarics

Saturday, April 8th 8am

Crestmoor Park

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

TOPIC: Ventricular Tachy & ICDs

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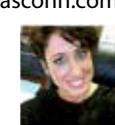
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Seniors' Council of Douglas County

The Seniors' Council of Douglas County (SCDC) is a volunteer group affiliated with the Douglas County Adult Services Program. The Council strives to be the voice of those 60 and older living in Douglas County to the decision makers determining what senior services are available now and in the future. SCDC presents the concerns and ideas of senior residents to our elected officials through advocacy, education and collaboration with other organizations dedicated to assisting seniors. SCDC offers education to Douglas County seniors through presentations, outreach efforts, and participation in community fairs and events.

Douglas County has one of the fastest growing senior populations in the country and the demand for senior services will increase exponentially over the next several years. Community input is extremely important. SCDC meets the first Thursday each month, except July and August, at various

locations. Meetings are from 9 to 11 am with networking starts at 8:45 am. Typically, a presentation on a topic of interest to mature audiences is included. The meetings are open to the public and free of charge. Meetings for the next three months are:

- April 6: Balance for Fall Prevention and Tai Chai for Arthritis, by speaker Mary Thuente, Conifer Physical Therapy.
- May 4: United Methodist Church, 9203 South University, Highlands Ranch features guest speaker former State Representative Jim Riesberg, chairman of the Colorado Strategic Action Planning Group on Aging.
- June 1: Lone Tree Arts Center, 10075 South Commons Street, Lone Tree. The speaker will be Paul Narduzzo, Regional Director of Catholic Charities, speaking about Catholic Charities: A local Resource for Everyone.

Additional information is available at dcseniorlife@douglas.co.us or 303-663-7681.



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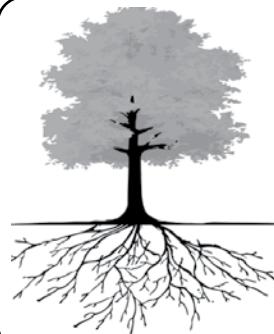
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The National Parks. Thu, Mar. 2, 2:30-3:30 pm. Learn the story of the development and stories of the more notable parks. Atria of Applewood, 2800 Youngfield St, Lakewood, Free. RSVP: 303-233-4343.

Women of Denver History. Sat, Mar. 11, 1-2 pm. Focus on the women of Denver and their contributions to the city and the state. Central Library, 10 W 14th Ave Pkwy, Denver, Free.

Music of the American West. Tue, Mar. 14, 12:30-1:30 pm. Focus on works by Aaron Copland who was instrumental in forging a distinctly American style of composition. Tattered Cover, 2526 E Colfax, Denver, Free. Info: 303-322-7727.

Winston Churchill. Wed, Mar. 15, 1:45-3:30 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. Covenant Village of Colorado, 9153 Yarrow St, Westminster, Free.

Venezuela. Thu, Mar. 16, 2-3 pm. Explore how this once promising economy has wound up in shambles and explore what the future holds for this important South American country. Windsor Gardens, 597 S Clinton St, Denver, Free.

Take a Bite of the Big Apple. Thu, Mar. 16, 2:30-3:30 pm. Explore

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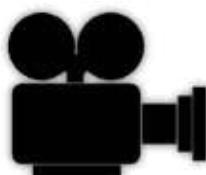
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Mar 20: Carol Darrow / Begin at the Beginning
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Rock & Roll Dance Party. Thu, Mar 30, 2-4 pm, \$5/\$3. An afternoon of dancing to music of the 50's and 60's. Bring a snack to share.

Saturday Night Dance. 7-10 pm, 2nd, 3rd & 4th Sat. monthly. Doors open 6 pm. Live band & refreshments \$7/person. Bands: Mar 11: Dixie Leadfoot & the Chrome Struts; Mar 18: Blue Notes; Mar 25: Lois Lane.

First Friday Tea Dance. 1-3:15 pm, 1st Fri monthly. Live music. \$5/person. March: Terry Norona. Lunch available, 11:30 am, ages 60 & up, VoA. Donation: \$2.50/\$7.25 under 60. Reserve 2 business days in advance, call 303-987-4833 by 11 am.

Dazzle Restaurant & Lounge. Thu, Mar 30. Featuring a live jazz trio and meal, choice of 3 entrees, plus drink. Includes transportation, meal and travel leader. Sign up.

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St Patrick's Day Dinner. Everyone has a wee bit 'o Irish in 'em! Join friends & family for the best corned beef and cabbage around, with all the trimmings 'o course. The lively steppin' of traditional Irish Step Dancers tops off the evening. Fri, Mar 17, \$11. Sign up early!

Clean Green. Learn how to use natural products and essential oils to clean and freshen your home. Even how to use essential oils for pest control! Make and take a room spray, drawer sachet and pest repellent. Sat. Mar. 25, \$8; register.

Art Classes. new fun art classes starting soon; call for more info. Batik with Watercolor: Sat, Mar 4-25, 9-12pm, \$45 + \$15/supplies. Watercolor Cards: Fri, Mar 17-Apr. 7, 1-3:30pm, \$25 + \$20 supplies. Beginning Watercolor II: Mon, Mar. 6-Apr. 10, 9-11:30am, \$65. Pottery: Tues, Mar. 14-May 9 12:30-3:30am, \$65 + \$15 supplies. Just Drawing: Fri, Mar. 31-May 5, 9:30-11:30am, \$50 + \$15 supplies. Continuing Pastel: Mon, Mar. 6-Apr. 10, 1-3pm, \$50. Japanese Bunka: Thu, Mar. 16-Apr. 20, 1-3pm, \$29 + kit.

Technology. Call to schedule a one-on-one tutoring session with Makan Tabrizi, our gadget guru. \$35/hr. Computer, Camera, Phone or Tablet. Learn to use an iPad: M/W Mar. 6 & 8, \$45, register.

Dance. Offering a variety of ongoing dance classes including: Beginner, Intermediate & Advanced Tap; Belly Dancing, Hula, Ballroom, Zumba & Western Line Dancing. Call for more information.

Skiing and Snowshoeing. Call to get a copy of the schedule mailed or emailed to you.

Special Interest Groups. Drop-in, \$2. Duplicate Bridge: every Mon, 12-3:45pm, bring a partner, \$2.50 ea. Low Vision Support: 3rd Tue, Mar 21, 1:30-2:30pm, Free. Write & Share: 4th Tue, Mar 28, 2-3:30pm. Krafty Needles: Knit & Crochet, every Tue, 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. Genealogy Group: Thu, Mar. 16, 1:30-3pm Booktalk: Thu, Mar 23, 10-11:30am, Book: The Little Paris Bookshop. Pinochle: every Fri, 12:30-3:30pm.

60+ Spelling Bee. 8th Annual. Thu, March 23, 1-3 pm, check-in 12:30 pm Exercise your mind! Challenge other spelling whizzes in the Spelling Bee for adults age 60+. Arvada Press/Colorado Community Media, PASCO, Brookdale Senior Living Solutions, and Celebrate Aging Colorado sponsor this event. Free, but register by 3/17.

Denver Indian Pow Wow. Fri, Mar 24, 9:15-3 pm. Annual celebration of Native American culture. Includes transportation, parking, admission, and escort. Register \$15/\$18, by 3/3.

Free. Blood Pressure & Blood Sugar Checks, Wed, Mar 1, 9:30-11:30 am. Eye Glass Service, Mon, Mar 13, 9-noon. Parkinson's Care Partners, Fri, Mar 10, 1:30 pm. Parkinson's Support, Thu, Mar 16, 1 pm. Low Vision Support, Thu, Mar 23, 11 am. Caregiver's Support, Thu, Mar 23, 1 pm. BINGO, Fri, Mar 31, 1 pm. Caregiver's Support. Thu, Mar 23, 1-2:15 pm. Parkinson's Care Partners, Fri, Mar 10, 1:30-2:30 pm. The Center offers a Parkinson's Fitness class, call for details.

Computer & Technology. Learn

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basic to advanced use of the computer in a small class setting. March topics include Windows, More Word, and One-on-One Computer Training. Call for details.

Public Transportation Training. Mon, Mar 20 & 27, 2:30 pm. Learn how to use public transportation (RTD) to expand travel options. First a discussion; 2nd meets at noon for a supervised outing. Register, \$7/\$9.

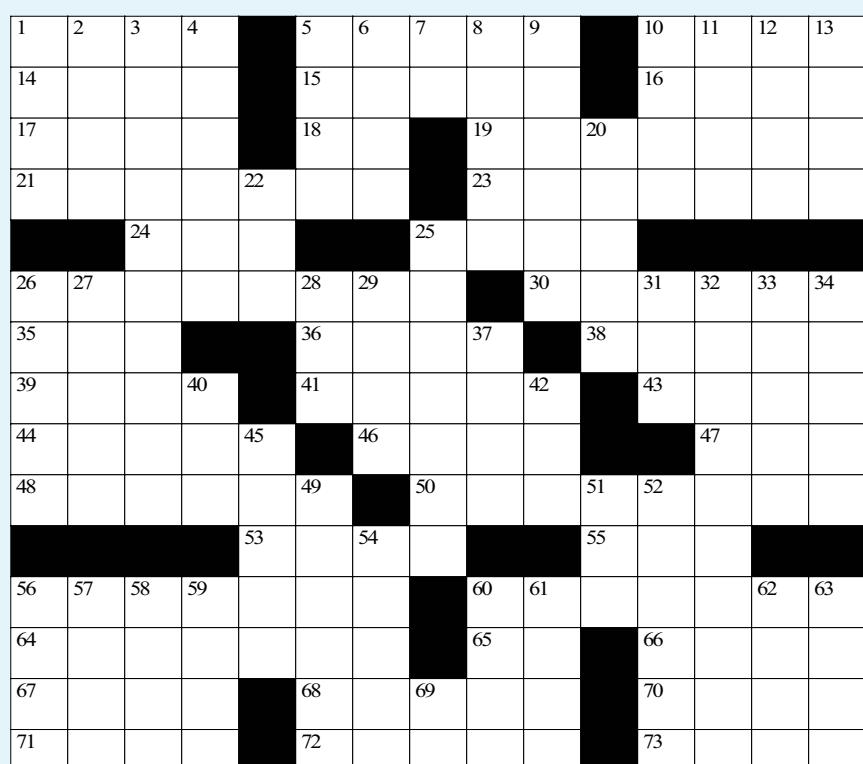
Starting Your Memoir. Fri, Mar 24, 1-2:30 pm. Start writing about your life. Learn where to start, how to organize, what to include and how to best express yourself. Register, \$7/\$8.

Genealogy. Beyond the Basics: Googling for Genealogy. Thu, Mar 9, 11-noon. Find clues on your family history from the census. Register \$4/\$5. by 3/3.

Craft Carousel Gift Shop. Open Mon-Fri, 9:30-3:30 pm. Visit the Gift Shop located in the Community Recreation Center featuring variety of handmade items from over 100 consignors.

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Crossword Puzzle



ACROSS

- 1 Serpents
- 5 Concerned with a specific subject
- 10 Comrade
- 14 Sweetheart
- 15 Monetary unit of Nigeria
- 16 Put down
- 17 Narrow ledge
- 18 Belonging to
- 19 Changed
- 21 Inflexible
- 23 Personally neat
- 24 Very modern
- 25 In this way
- 26 Prepared with almonds
- 30 Interweave
- 35 Average
- 36 Division of a school year
- 38 Area used for sports

39 Indigo

- 41 Mother of Isaac
- 43 Harsh
- 44 Garments
- 46 Agricultural implement
- 47 Room within a harem
- 48 Company of actors
- 50 Gigantic
- 53 Speed contest
- 55 Head covering
- 56 Rapturous delight
- 60 Windpipe
- 64 Pertaining to the open seas
- 65 Which satellite of Jupiter discovered by Galileo in 1610, is that planet's third largest
- 66 Make healthy
- 67 As previously given
- 68 Antelope

Denver Metro • March 2017

70 Scottish Gaelic

- 71 To yield
- 72 Reposes
- 73 Network of nerves

DOWN

- 1 Title of respect for God
- 2 Propagative part of a plant
- 3 Capital of Suriname
- 4 Call for the presence of
- 5 Soon
- 6 Foolish
- 7 Hello there
- 8 Mountain spinach
- 9 Call to service
- 10 Bloodsucking insect
- 11 Acquire through merit
- 12 Monetary unit of Cambodia
- 13 Whirlpool
- 20 Unit of magnetic induction
- 22 Find the sum of
- 25 Patio
- 26 Away
- 27 Feudal estate
- 28 It is
- 29 Close
- 31 Unit of energy
- 32 The earth's atmosphere
- 33 Nematocyst
- 34 Porter
- 37 Mackerel shark
- 40 Monetary unit of Romania
- 42 Norse goddess
- 45 Mine prop
- 49 Simpler
- 51 Wood sorrel
- 52 Chocolate cake
- 54 Recurring series
- 56 Heroic
- 57 To yield
- 58 Sledge
- 59 Domesticated
- 60 Hue
- 61 Staffs
- 62 The Orient
- 63 On sheltered side
- 69 Similar to

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- Information Resources at www.senioranswers.org
- Discussion Roundtables in Community Locations

Sponsored by Senior Answers and Services

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Senior Answers and Services provides counseling and consulting for seniors and their families as well as information, resources, and services to improve quality of life for older adults.

Answers page

2017 Ms. Colorado Senior America Pageant



The 2017 Ms. Colorado Senior America Pageant is excited to be holding its annual pageant at the Lakewood Cultural Center. It is on Sunday, April 23, 2017, at 2 p.m. Tickets are on sale now, purchase on line by visiting Tickets@Lakewood.org, or calling 303-987-7845. Tickets are \$20 plus processing. Or, you can purchase tickets at the Box Office at any time. Seating is limited, so please purchase your tickets early. The theme of this year's pageant is "Life's a Parade," and so the event is sure to be full of color and excitement.

The Ms. Colorado Senior America Pageant is a non-profit organization created to emphasize and give honor to women with

extraordinary talents and achievements who have reached the "Age of Elegance" (age 60 plus). Through the Colorado Cameo Club, these women continue voluntarily showcasing their talents year round performing at various venues in the Colorado Region and serving as role models to inspire and enrich the lives of other senior Americans, as well as our nation's youth.

A panel of judges scores contestants in four areas: private interview, evening gown, "Philosophy of Life" statement, and talent. They are looking for contestants with presence, style, personality, enthusiasm, talent, and one who can overall best represent the inner beauty and dignity of a Ms. Senior America. Contestants are allowed

many opportunities prior to the Pageant to work with past Colorado Queens and Cameo Club Members to hone and sharpen all their on-stage skills. It also gives them the opportunity to meet many new friends and broaden their horizons.

If you or someone you know could be a Ms. Colorado Senior America queen, please contact Shari Ortiz, MCSAP President, 303-410-1604, or email: sharimcsap@Q.com.

The winner of the Colorado State Pageant competes in the National Ms. Senior America Pageant in Atlantic City, in October 2017, and represents Colorado throughout her year of reign by appearing at events throughout the state.

In The Spirit

Be Free

"Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty." *2 Corinthians 3:17*



Henry Armington

God desires for you to live a life free from bondage. A life that is free from the shackles of your past. You do not have to wait until tomorrow comes. If you totally surrender your life to the Lord, you can be free today. Think about it, is there any area of your life that needs release? Are you imprisoned in your mind, heart or body?

Be free to praise and worship the Lord. Be free to serve the Lord without fear. Be free to work on your job without worry or anger. Be free to bless others without wondering what will be said about you. The Bible declares in John 8:36... "If the Son therefore shall make you free, ye shall be free indeed". Today, *Be Free!*

❖ Visit DrArmington.org/. Sunday at 10 a.m. (CST) for *'Live Streaming' Service*.

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