

2020



Golden West Times

Volume 55, Issue 2



FEBRUARY

Super/Souper Sunday

The first weekend in February is the Super Bowl and the time we collect money for the Souper Bowl of Caring drive which generates funds for those less fortunate. We will be taking donations for the local food pantry here in Boulder on

**Saturday and
Sunday, January
1st and 2nd,
between 11:00-**

1:00 pm outside the dining room.



Vote for Golden West Royalty



It's time to recognize the many people who make Golden West the best place to live in Boulder! We want you to vote for a man and a woman who go above and beyond to be helpful, kind or generous. Ballots will be available on February 3rd outside the dining room. One vote per person please. They will be collected on February 12th and the King and Queen will be announced at our Valentine's Day party on **Friday, February 14th, at 3:00 pm in the DR.**



Sweet Treats Available for Family and Friends

Looking for a delicious way to share the love this Valentine's Day? Beginning February 10th, you will be able to purchase candy of your choice for \$3 each for just candy or \$5 for candy and stuffed animal. With each bag you purchase you can enter our drawing to win a special trip on US! What a sweet deal! **Monday, February 10th through Thursday, February 13th or until we run out. 11:30-12:30 pm outside the dining room.**

Happy Hour Celebrates Mardi Gras!

Originally, those celebrating Mardi Gras did so on Fat Tuesday or Shrove Tuesday, which is the Tuesday before Ash Wednesday and the beginning of Lent. We will party like it's Fat Tuesday on **Friday, February 28th, at 2:30 pm upstairs in the Aspen Room.** Wear your beads if you have them and all the traditional colors of Mardi Gras, purple, green and gold. \$3 will get you a drink of your choice and appetizers!



That's Entertainment

- **Josh Brookstein Sing-A-Long**

Isn't it amazing how music can lift your spirits? Josh Brookstein brings his energy and his joy of singing back to Golden West. Come and raise your voice with some of your favorite songs!

Saturday, February 1st, 5:00 pm DR

- **Super Bowl Watch Party**

It's Super Bowl 54 and the Kansas City Chiefs will be playing the San Francisco 49ers and will battle it out for the honor of saying they are the champions! They will play at Hard Rock Stadium, in Miami, Florida. If you would like to bring snacks to share, please do.

Sunday, February 2nd, 4:30 pm ASP

- **Men's Donut Social**

What a great way to get to know the other men in the building! Come share a cup of coffee, a donut, and some conversation twice a month at the Men's Donut Social.

Mon., Feb. 3rd, SPR & 17th, ASP (11th floor, Central Tower) 10:00 am

- **Jeopardy Game Continues**

The Jeopardy Game has been on TV since 1964! Ted Buckley, our in-house Alex Trebek and creator of our Golden West game, will be the host to another staff competition on **Monday, Feb. 3rd, for staff team at 4:00 pm, and Monday, Feb. 24th for resident teams, 3:00 pm, in the dining room.** Come test your trivia skills and cheer on your favorite team!

- **Boulder International Film Festival Presents: *Fiddlin'***

Fiddlin' is a rollicking, uplifting Old Time and Bluegrass Documentary that shows the unifying power of music and shines a light on a distinct American Culture. Sister filmmakers Julie Simone and Vicki Vlastic, returned to their Appalachian roots to film at the Old Fiddler's Convention run by the Galax Moose Lodge. They were given permission to film for the first time in its 80-year history after Lodge members discovered they knew the sisters' grandpa. When the top 10 finalists are announced in the ultra-competitive guitar competition, we're in for an exciting and unexpected musical climax! **Friday, February 7th, 2:30 pm ASP**

- **The New Recorder Consort and Now and Then Recital**

In this recital, Baroque music will be featured whose initials are NOT J.S.B, G.F.H. or G.P.T. but that of Henry Purcell (1659-1695), and his canons and chaconne's. Purcell was considered the greatest English musician of his time. Guest performers will be **Robert Farr**, keyboards, and **Sarah Biber**, viol la gamba. Come be a part of this very special recital. **Tuesday, February 11th, 4:30 pm ASP**

- **TED Talks - NEW DAY!**

Join us for short (under 20 minutes), powerful videos by professionals in their field with discussion after each film. **Aspen Room**

Thurs., Feb. 13th, 10:30 am: "What obligation do social media platforms have to the greater good?" by Eli Pariser.

Mon., Feb. 24th, 10:30 am: "Everything happens for a reason - and other lies I've loved" by Kate Bowler.



Other Monthly Activities:

Hearts Card Game: This group meets twice a month to play Hearts, a card game for everyone! The object is to end the hour with the lowest score, but your “friends” make sure that doesn’t happen! If it’s been a while since you’ve played, or you just want to learn, come join us!

Friday, Feb. 14th & 28th, 10:30 am Aspen Room

Scrabble: Do you have a way with words? This is a classic game that has endured through the years because it challenges you and is fun! This group meets **every Tuesday, at 1:00 pm in the Aspen Room.**



Cribbage: Another game that has been around for generations! If you can count, you can play cribbage. This group will meet **on Mondays at 1:00 pm in the Aspen Room, Feb. 10th & 24th.**

Think Tank: Looking for a way to stretch your brain in good ways? This group works on puzzles and brain teasers of all varieties. Give it a try! **Two times a month on Mondays at 1:00 pm, Spruce Room. Monday, Feb. 3rd & 17th.**



Wii Bowling: You will not need a heavy ball or well worn shoes to play this fun game. **NOW ON Tuesdays, Feb. 4th & 18th at 9:30 am, Aspen Room.**

Ping Pong: Join friends for a fun morning of ping pong. All levels are welcome! **1st & 3rd Fridays, (Feb. 7th & 21st) 10:30 am, Spruce Room.**

Regular Monthly Events

Artist Reception:

This month will feature the paintings of Golden West resident, Don Van Dall. Light refreshments will be served.

Sun., Feb. 9th, 3:00 pm DR

Art Class

In February, the art class will meet: **Wed. Feb. 19th, 1:30 pm, ASP.** \$5 per person. All supplies included.

Coloring Club

Come bring your coloring projects and socialize with others! **Wed. Feb. 5th, 12th, and 28th, 1:30 pm ASP**

Monthly Birthday Party:

1st Tuesday each month. Come share your February birthday with friends! **Tues. Feb. 4th, 3:00 pm DR**

Stitcheroos:

All needlecrafts welcome. Come work on your project with friends. **Wednesdays, Feb., 5th and 19th, 4:00 pm. ASP**

Spelling Challenge:

Come challenge your brain with spelling and definitions! All are welcome! **Wed. Feb. 19th, 3:00 pm DR**

Storyteller:

Stories come to life on this magical afternoon! Come listen to the professional storyteller! **Sat. Feb. 15th, 4:30 pm ASP**

Writing For Fun!

The writing group is back and looking for new participants! Please bring something you have written or a piece by a favorite author! **Sat. Feb. 1st & 15th, 1:30 pm COT**

Worship Opportunities:

Shabbat Services:

Friday, Feb. 7th & 14th, at 4:15 pm SPR.

Each Sunday:

Catholic Communion at 9:00 am 5MZ

Each Wednesday:

Catholic Mass on 1st & 3rd at 2:00 pm 2MZ

Catholic Communion on 2nd & 4th 2:00 pm 2MZ

Lutheran Church Service, 10:15 am ASP (**Wed., Feb. 19th**)

Bible Study: All are welcome to participate in this casual, non-denominational study. Join us for a discussion, sharing, & exploring of Biblical topics and issues. **Each Thursday, 4:00 pm COT**

Resident Information



Welcome New Residents & Staff

Carole Adams	Apt.#331
Steve Birmingham	Apt.#420
John Wright	Apt.#515
Joyce Pokryfke	Apt.#527
Carolyn Gillespie	Apt.#611
Junene Vierra	Apt.#722
Carolyn Beach	Apt.#825
Isatu "Ice" Bader	Server/Housekeeper
Alyssa Brossman	Lead Caregiver
Edgar Ramirez	Server

Resident & Staff Farewells

Joan Mecom	Apt.#1123
Carolyn Weiss	Apt.#911
Sean Flood	After Hours Responder
Bryaden Ernst	Server
Jason Forsythe	Server
Kristyn Del Campo Banrevy	Caregiver

In-House Moves

Marie Kindgren From Apt.#708 to Apt.#337

The Passing of Friends

Our deepest sympathy to the friends and family of:

Marjorie Hammond & Orah Elron

Legacy Presents:

Arthritis-What a Pain!

What is arthritis anyway and why is it so bothersome? What, if anything can you do about it? Come learn about this troubling disease, and where it comes from. What's the best way to handle the symptoms? Learn all this and more on



**Wednesday, February
26th, 3:00 pm DR**

Resident Meeting Schedule

Program Committee: Mon. Feb. 10th, 10:30 am SPR

Welcome Committee: Tues., Feb. 4th, 1:00 pm COT

Resident Council: Tues. Feb. 18th, 3:00 pm DR

Floor Reps.: Coming in April

Resident Council Bd: Thurs. Feb. 4th, 9:30 am COT

Fun With Food: Friday, Feb. 7th, 3:00 pm DR

Community Food Share/Elder Share Program

FREE food given away twice a month!

Tues., Feb. 11th, 10:00 am

Tues., Feb. 25th, 10:00 am



For now and until the weather gets too icy, the mobile pantry will be in the west garden. Required check in has moved to the Aspen Room beginning at 9:00 am. The pantry will be open from 10:00-10:50 am. Questions? Call Linda at #1871.

Chef Chat Changes to Fun With Food!

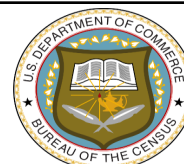
In this educational half hour, learn about new foods, their nutritional value and how to prepare them yourself! Samples will be given to try them cooked in different ways. Suggestions, as always, will be taken for new ideas for the menu.

First Friday (Feb. 7th) each month at 3:00 DR

U.S. Census Information

Julie Frieder, Partnership Specialist with the Regional U.S. Census will be on hand to discuss why the census is important? How to take the census? And she will be asking for volunteers to help.

Tuesday, February 11th, 3:00 pm DR



Trips and Outings

Please remember! Payments for trips must be made by the deadline listed to reserve a bus or tickets for the event. If you need to cancel, do so by the deadline or you will be charged for the event. If you have a health-related issue, a full refund will be given.

Thank you for understanding.

If departure times are not listed, please watch for postings on the LifeShare Communication Boards.

****Be in the lobby 15 minutes prior to departure.**

Out To Lunch: Parkway Cafe

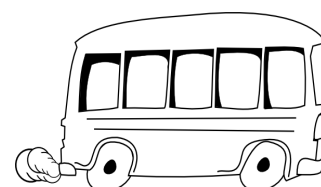
If you have never been to the Parkway Café, you will want to join us for this one! Once you walk in, you are taken back to the diners of the 60's. Delicious food and very reasonable prices make their Boulder customers coming back again and again. They specialize in the usual breakfast fare all day and soup, salads, burgers and some of the best Mexican food in town. Prices for entrees are from \$6.50-\$10.00. You'll want to sign up early because this trip usually fills up fast.

Date: Thursday, Feb. 27th **Departure:** 11:15 am

Cost: \$9.00 includes transportation and escort.

Difficulty: Easy

Deadline: Monday, Feb. 24th



RTD Senior Ride: Elvis Movie Theater in Arvada

No, we're not going to see an Elvis impersonator, but we are going to a movie theater named after the famed singer! You will have a choice of 2 current movies at a very reasonable price. Join us for some warm popcorn and a hot new movie!

Date: Thursday, March 12th

Departure: TBA

Cost: \$9.00 includes movie, transportation & escort **Difficulty:** Easy

Deadline: Wednesday, March. 6th

Min/Max: 10/10



***Our trips to the Northglenn Theater for a travel program to India on Feb. 19th, and our trip to the hear the group The Denver Dolls on Feb. 12th are full or have been cancelled due to low participation. Make sure you are on the waiting list for things you want to do. We often have cancellations.

Swing Dance Offered Again!

Looking for a great way to get some exercise, have fun and meet new people? Why not try Swing Dance with Liz and Ari? The lessons are tailored to each individual so that they will never go too fast to make you uncomfortable. Come give it a try!

Thursdays, February 13th & 27th, 5:00 pm DR



Wellness Services

NEW DAY/TIME! ←

Dermatology Clinic:

Tues., Feb. 18th from 10:00-10:45 am in the Wellness Room, #208. Appointments are necessary. Call 1-877-345-5300.

Hearing Aid Clinic:

3rd Tuesday each month (Tues. Feb. 18th) from 11:00-11:45 pm to clean and adjust your hearing aids. WR #208 **Sign up in trip book.**

Low Vision Support

Group: Monday, Feb. 24th 10:00 am COT.

Support and services for those with vision issues.

Massage/Acupuncture: Done in the privacy of your own home, Lisa Marcantonio is available for appointments at 720-503-7895. Sliding scale available upon request.



Foot Care Clinic:

RN Lynette Marshall provides foot care that includes warm towels, trimming and filing of nails, care of corns and calluses, and consultations. Cost is now **\$35** per 1/2 hour appointment.



Appointment times available on **Tues., Feb. 4th from 9:15-3:30 p.m. in 208 Central.** **Payment is due at treatment time with check or exact amount of cash.** Call 303-581-9705 for appt.

Parkinson's Support Group

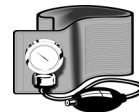
Meets 2nd Saturday (**Feb. 8th**) each month at 2:30 pm. SPR

VNA/Kaiser Foot Care:

Kaiser patients can receive **FREE** foot care in 208 Central on **Tuesday Feb. 11th & 25th** from 9-1:30 p.m. **Non-Kaiser patients welcome for \$45 on your first appointment and \$35 additional appointments due day of appt.** Please leave a message at (303)698-6496 to make an appointment.

Legacy Healthcare Services:

- Blood pressure checks every business day in the Legacy Wellness Center.
- Open gym hours: M-F from 9:00-11:00 am & 1:00-3:00 p.m. for an independent workout.
- Legacy has medical equipment for loan!



Movies for February:

Thursday Movies

- *"Rocketman"* Rated R 2 Hrs. Biographical drama starring Taron Egerton, Jamie Bell, & Bryce Dallas Howard. **Replay due to technical problems last month.**
- *"A Star is Born"* Rated R 2 Hrs. 16 Min. Drama starring Lady Gaga & Bradley Cooper.
- *"Breathe"* Rated PG-13 1 Hr. 57 Min. Drama starring Andrew Garfield & Claire Foy.
- *"Mr. Church"* Rated PG-13 1 Hr. 44 Min. Drama starring Edie Murphy & Brit Robertson.

Saturday Movies

- *"Michael"* Rated PG 1 Hr. 46 Min. Comedy starring John Travolta & Andie MacDowell.
- *"Raising Arizona"* Rated PG-13 1 Hr. 34 Min. Comedy starring Nicolas Cage & Holly Hunter.
- *"Jailhouse Rock"* Rated N/R 1 Hr. 36 Min. Musical starring Elvis Presley & Dean Jones.
- *"Rocky"* Rated P/G 1Hr. 59 Min. Drama starring Sylvester Stallone & Talia Shire.
- *"Smokey & the Bandit"* Rated PG 1 Hr. 36 Min. Comedy starring Burt Reynolds & Sally Fields.



**Please note that we will show movies as they come in.
Please check the white board for the selection that evening.**



Policy Review

Fire Safety – Shelter In Place

The fire department's policy for Golden West is shelter in place. Because of the size and construction of the buildings, the fire sprinkler and alarm system, the fire department wants residents to stay put if they are in a safe location when the fire sirens go off. The fire department wants to minimize people moving throughout the buildings during a fire alarm and that is why staff asks people in the public areas to go into the dining room or other enclosed space and to stay there until the sirens are silenced. **Please do not call the office during a fire alarm unless you have information regarding the fire alarm or have an emergency of your own.**

Annual income verification

Each year, Golden West must collect current income information from all residents in the Towers. This information is used to comply with the Low Income Housing Tax Credit projects requirements and to file the annual Property Tax Exemption report to the State of Colorado and the annual Tenant Income report to the City of Boulder. Memos and forms have been distributed and residents must return the forms no later than February 17, 2020.

Pet Policy

When living in a community individual actions can have an impact on the lives of other people. Golden West adopted a pet policy to help minimize any issues that might arise by allowing people to live here with their pets. To help ensure the safety and wellbeing of residents and pets, all pets must have up to date rabies vaccinations, be free of contagious diseases and must be on a short leash and the owner must have a firm grip on the leash at all times when outside their own apartment with the pet. Owners are responsible for cleaning up any and all pet waste promptly and disposing of it properly. Violations of the pet policy are considered violations of the occupancy agreement and continued violations will result in a termination of the agreement. You can request a copy of the pet policy from the reception desk.

Confidentiality

It is Golden West's policy to keep resident information confidential. If we receive a complaint/concern about a specific resident, Golden West staff will follow up, but we will not be able to share the details of our response since it involves another resident. Unfortunately, the only information staff can share is just that we're working on it. We do want to reassure residents that we take all complaints/concerns seriously and do work hard to resolve the issue and hope that it can be appreciated that the confidentiality policy applies to all residents.

Notices in the Elevators

Notices in the elevators and other public areas may only be posted by Golden West staff or with staff's express permission. If you have a notice that you believe should be posted, please contact Jill Moore, Director of Resident Programs. Notices posted in the elevators and other public areas without Golden West permission will be removed. Thank you.

Any questions about GW policy should be directed to Donna Ruske, Chief Administrative Officer, Ext. #1880.

More Entertainment...

- **Jazzy Afternoon with Natalie Ottobrinio**

Singing some all time favorites, Natalie Ottobrinio is a joy to hear and definitely a popular entertainer here at Golden West. She sings a variety of musical styles from jazz to pop, to Broadway selections. **Thurs. Feb. 13th, 3:00 pm DR (NO Bingo this day)**

- **Hidden Sugar in Surprising Things**

Join Kaily Nix, Legacy Occupational Therapist and Registered Dietician, to talk about sugar - where is it, what are the names for it, and how much of it do we need in our diets? Healthy snacks will be provided! **Friday, Feb. 14th, 10:00 am ASP**

- **Cycling Without Age -Trishaw Rides**

Cycling Without Age is a movement started in 2012 in Denmark and is now operating in over 40 countries. This program allows those who love to get outside for some fresh air in a Trishaw, which is pedaled by a trained bike rider with a carriage in front. This is a free service to anyone interested. Come find out what it's all about and get a free short ride. **Mon., Feb. 17th, 3:00 pm DR**

- **All Together Now with Ram**

Ram will be playing lots of favorite songs to sing along. Join your friends for a delightful evening. **Mon., Feb. 17th, 6:30 pm ASP**

- **Flatirons Terrace Singers**

Residents from Golden West and Flatirons Terrace are ready to perform their latest songs they have been working on in this community chorus! Come support your neighbors for a fun afternoon. **Thurs. Feb. 20th, 3:30 pm ASP**

- **Fraud Program with the Community Protection Division**

Many of us have received mail, emails or phone calls which look and sound very legitimate and official. Liz Parker, from the Boulder D.A.'s office will be here to share with you the latest scams, including one about the federal census. **Friday, Feb. 21st, 2:30 pm ASP**

- **Hymn Sing with Sam**

Brought up singing in church, Sam has always loved the old hymns. If you are missing the church service we had here, come participate in this Sunday sing-a-long! **Sun., Feb. 23rdth, 3:00 pm DR.**

- **Healthy Skin Dermatology Talk**

OnSite Dermatology will be here to talk healthy skin and what that means. They will discuss healthy skin tips, the different types of skin cancer and how to spot them and treat them. They will also go over the services that they provide here at Golden West and answer any skin related questions you might have. **Tues. Feb. 25th, 3:30 pm DR**

- **Ash Wednesday Service Offered**

Ash Wednesday is the first day of Lent in the Christian tradition and often used for prayer and fasting. Trinity Lutheran Church will offer an Ash Wednesday service here. **Wed. Feb. 26th, 10:00 am ASP**

• Wallpaper House Band Returns

One of Golden West's favorite groups will be back to entertain and put a smile on your face. This comfortable group plays many old time folk favorites plus a few originals in their laid back style. This is a four person group playing guitar, mandolin banjo and viola with a mix of heavenly harmonies and silly jokes. Come early to get a good seat. Donations will be accepted. **Sat. Feb. 29th, 7:00 pm ASP**

Looking for Tax Help?

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

AARP volunteers will be coming to Golden West 2 times to help prepare your tax forms.

Appointments are required and additional information about what you will need to bring as well as what they can and cannot do will be at the front desk. Sign up for a time slot on the appointment sheet located in the trip book.

Early sign up is recommended.

Thurs., February 20th & Thurs., March 19th beginning at 8:30 am ASP

Valentine's Day Party

On Friday, February 14th, we will be having our annual Valentine's Day party at 3:00 pm in the dining room.

We will have some games, some nice refreshments and announce our Golden West King and Queen!

Don't forget to vote for 1 King and 1 Queen. Ballot box will be outside the dining room!



Golden West Talent Show?

With all the construction beginning in March, the dining room may not be the place to have a talent show this year. Jill is looking into having it off site somewhere and will let everyone know so that you can practice whatever talent you have to share with the rest of us!



Our favorite phrase this year will be "thanks for your patience!"

February Birthdays

Staff:		
4 Katie Langenfeld-Caregiver	8 Vi Chapman	17 Michael Blakemore
5 Asia Keese-Caregiver	8 Betty Jourdan	18 Artemis Sohrt
18 Danny Mardick-Facilities Manager	8 Deb Stein	19 Francis O'Neill
21 Jill Moore-Director of Resident Programs	11 Donna Sparks	23 Jim Healy
24 Jade Stormes-Youngs-MZ Server	13 Shirley Scott	24 Robin Basile
	14 Thomas Maher	25 Lyndy Ohneck
	14 Dorothy Carr	27 Larry Fansler
	15 Stuart Friedman	27 Susan Ludeman
	17 Barbara Frazier	27 Chuck Mosser
		27 Doris Lederman



Community Chalk Board

Our Question for February: How do you know when you are truly loved?

- You feel it— An unshakable certainty (at the moment). And of course, the definition is always evolving and changing as we grow.— Anonymous**
- When the person you love, loves you unconditionally, warts and all. My mother was that kind of person even when she didn't always agree with my choices.— Birdie**
- I feel "heard," respected; cherished; appreciated; free; safe.— Anonymous**
- When I get a phone call each morning at 9:30 am. - RM**
- When you walk through challenging times / events and continue to love and care for each other. - Anonymous**
- When they say nice things about you at your funeral. - John Q.**



Our question for March: What's the best thing you got from your parents?

