Strategic Plan Update

When Kavod Senior Life developed a strategic plan in 2012, one of the four major initiatives was to evaluate whether developing additional housing resonated with our mission. We have been looking at some basic demographic data; the senior population is growing at an accelerated pace and is predicted to double in the next 20 years.

There has been an influx by for-profit groups looking to fill the gap of services available for the population, but unfortunately most of their offerings are priced beyond what moderate-income seniors can afford.

The subsidized housing that Kavod provides through HUD has been severely curtailed on a national level and is not something that appears to be an option to pursue for additional units—and at the same time our wait list continues to surge. Kavod's challenge is to figure out if we can provide senior housing for those who are too rich to live in subsidized housing.

“Evaluating the potential development of new housing is an extremely challenging process,” said Michael Klein, Executive Director.

As we added more services for our residents, we ran out of office space for staff,” explained Michael Klein, Executive Director.

The new offices will house several departments including: Leasing, Accounting, Executive, Outreach & Strategic Marketing, Development, and IT.

Additionally, the new reception area will be finished early autumn.

“I would like to thank MidFirst Bank and RJM Construction for their support in making these projects a reality,” said Michael Klein.
Resident Spotlight: Elaine Therrien

If you attend any Jewish event or programming at Kavod, you are likely to see resident Elaine Therrien. She’s a pillar of Jewish religious life at Kavod, and feels the organizing and services are crucial to her life here at Kavod. “I love it. The older I get, the more I need it,” Elaine remarked, regarding Jewish life at Kavod.

Elaine’s Jewish upbringing came from the Orthodox Jewish Children’s Home in Ohio, where she lived for much of her childhood after her father passed away when she was 6. She was confirmed there, took Hebrew lessons, and learned Torah. It wasn’t until she came to Denver, and joined Kohelet, a local synagogue, that she felt she really understood the religion. It was there that she first received an aliya, or call to the Torah. “They opened up my eyes and my heart.”

Elaine moved to Kavod nearly seven years ago and immediately involved herself in many activities. She’s an active member of Kavod’s Resident Council, currently serving as their Secretary, is on the By-Laws Committee, and serves on the Food Committee (a group of residents and staff who discuss issues and problem solve improvements). Elaine also enjoys many other activities and opportunities including the Kavod computer lab.

Much of her time is taken up helping to organize services in the shul (synagogue). She was part of the group that created the resident-run Friday night services, based on a desire by many residents to have an egalitarian, progressive service. The residents created their own siddur (prayer book) that they love to use. Elaine often does the d’var Torah (short sermon) at services. She creates these speeches using many resources, from Reform to Orthodox, including some online websites. Up to 20 people attend Friday night services. She also regularly attends Saturday morning services, led by Dr. Seth Ward, which she calls a fulfilling and informative experience.

In addition to involvement in the synagogue, she often leads candle lighting in the Dining Room on Friday nights and is a regular attendee at many of the Judaic classes. Her favorites are taught by Rabbi Baskin, the Jewish Community Chaplain through Jewish Family Service, whom she knew before moving to Kavod. “He’s fun to listen to, and makes you want to know what’s happening.” She also loves Rabbi Stephen Booth-Nadav’s classes, which includes Yoga for the Mind (Jewish Meditation) and a general studies Torah class—both of which are attended by Jews and non-Jews alike. A past favorite was Rabbi Birdie Becker’s Intro to Hebrew.

“I love all the staff here. They make living here so easy, I wouldn’t live anywhere else. Life is good.”

Wait List Re-Opens!

Our subsidized wait list re-opened on April 1, 2015, at 8 am. We had a great response and even had people waiting for the doors to open. The waitlist is still open and we encourage everyone to apply.

Applications received by Kavod’s Leasing Coordinator are reviewed for completion of all required information. If complete, the application is stamped with the date and time received. If any item is incomplete, the application will be returned with a request for additional information. Applications will be processed in the order they are received.

Applications may be obtained online at kavodsenirolife.org/application-availability/ or by calling 303.399.1146.

“Construction Update” continued from page 1

window has been expanded to allow for two windows to ease congestion during peak times.

As expected, the most buzz at Kavod is about the kitchen renovation. This phase of construction has been delayed due to some logistical issues but is now underway. Kavod will continue to provide meals as usual for all residents, using a mobile kitchen trailer, during the construction process.

The kitchen will be redesigned, upgraded and contain office space for Dining Services staff. The new layout and equipment will increase Kavod’s ability to serve special dietary needs including diabetic, pureed, vegan, gluten restricted, low-fat, and low-sodium options.

“Along with new state of the art equipment, we will have an open kitchen where residents and guests can see the production of the food we prepare,” said Doug McCaw, Director of Dining Services. “With these changes will come improved food quality and meal service.”

The kitchen is expected to be completed in the autumn. Stay current with our progress on Facebook!

Right: One of the new reception windows getting its final touches as this issue was going to press.

UPCOMING DATES

Monday | May 25
Kavod Offices Closed
(for Shavuot and Memorial Day)

Monday | June 1
6 pm
Annual Community Meeting

Sunday | May 10
Mother’s Day

Sunday | June 21
Father’s Day

Friday | July 3
Kavod Office Closed
(for Independence Day)

Thursday | August 27
Food Truckin’ On South Adams Street

KAVOD SENIOR LIFE’S
ANNUAL COMMUNITY MEETING

Monday, June 1, 2015 | 6 pm

MORE DETAILS COMING SOON!

SAVE THE DATE!
AUGUST 27, 2015
THE CELEBRATION CONTINUES...
FOOD TRUCKIN’ ON SOUTH ADAMS STREET

More info: 303.399.1146 or info@kavodsenirolife.org
RSVP by May 15 online at kavodsenirolife.org/annualmeeting

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“Strategic Plan Update” continued from page 1

housing but too poor to live in available market rate housing.

“Developing new housing is an extremely challenging process,” said Michael Klein, Executive Director, “so we decided we needed an expert in this area to work with our board and senior management team.”

This expert is City Projects, a local real estate advisory and project management consulting group who works with non-profits. The first phase was to interview key informants and determine what the community feels is missing locally in senior housing. Approximately 30 interviews were conducted and data confirmed that housing for those with moderate income is the missing component. Our next step is to develop two financial models (based on location) and determine the initial capital costs, as well as ongoing costs. Costs will be based on size and number of the units, services included, construction, and land acquisition. City Projects hopes to complete this phase in the next two months. These models will help determine if we decide to pursue building moderate income housing.

“Our committee, staff, and City Projects have worked hard to ask the right questions and are seeking the information the Kavod Board will need to decide how to proceed,” remarked Debbie Reinberg, Chair of Kavod’s Strategic Planning Committee. “We’ve been pleased with the process to date.”

You Only Live Once…Jewish Wisdom on Aging Well Conference a Success

Held on March 22, the second annual conference You Only Live Once…Jewish Wisdom on Aging Well (YOLO) was a resounding success. It was collaboratively planned by Colorado Agency for Jewish Education (CAJE), JEWISHcolorado, Jewish Family Service of Colorado, Kavod Senior Life, and Shalom Cares for the benefit of the community. The YOLO conference is a day for seniors and family members of seniors, general community members and industry professionals to learn about issues and needs specific to the senior population and their care givers. Along with the five partnering agencies, 13 local secular and Jewish non-profits sponsored the conference, which attracted approximately 230 attendees. The planning partners are pleased with the growth from last year’s attendance of approximately 200.

The day included keynote speaker Rabbi Leon Olenick, a resource fair, lunch and three break-out sessions of 20 workshops. The workshops covered a wide selection of topics and activities including: navigating care options, Jewish prayer & meditation, estate & funeral planning, dementia care, financial planning, accessing resources, and more. All sessions were presented by experts in their field, including local rabbis and many senior service experts.

The free day once again received rave reviews from participants and overwhelmingly positive evaluations. Presenters were chosen through an open proposal process in the fall/winter of 2014. This year’s conference committee was so overwhelmed with quality submissions that they expanded the number of options from 15 to 20 and asked some presenters to team up so as to include as many of the experts as possible.

“The conference was a wonderful chance to interact with such an engaged and vibrant community of older adults,” said Dr. Kerry Olenick, a board certified chaplain, Olenick, a board certified chaplain, who works for the past 12 years as a hospice chaplain. His work spans all borders of religion, race, gender and age. His recent book, Anatomy of a Tear: A Chaplain’s Stories of Life, Love & Loss, offers life-affirming true stories of encounters with patients, their families and caregivers as he witnessed their tears of joy and heartache during life’s most profound moments. Rabbi Zalman Schachter-Shalomi (27) was Olenick’s teacher, mentor and friend for 35 years.

If you have ideas or suggestions for next year, would like to be included in the next Request For Proposals (RFP) for 2016’s event, or have additional questions, please email Sara Shvartzman at KOTR@kavodseniornlife.org.

The resource fair at this year’s conference.

A physical therapist working with a Kavod resident in the existing space.

Kavod board member Kari Hildreth presents during one of the workshops.

Health & Wellness Center: Partnerships and Programs

Kavod Senior Life is aware of how a strong health and wellness program can support residents aging in place. The average age of our residents is close to 80 and nearly 75% do not own a car. Medical appointments can become daunting, with challenges such as finding providers that accept Medicaid, locating transportation, or just spending several hours getting to and from an appointment.

With all these reasons that residents may delay or ignore critical health care visits, Kavod began looking for solutions. Three years ago we arranged for Legacy Health Care to provide speech, occupational and physical therapies on-site. We then developed a preferred partner relationship with All State Home Health to negotiate better rates and smaller increments of home health care services. Most recently, we started to have Dental Lifeline Network come out to provide dental services for our home-bound residents and also began coordinating medical appointments and transportation to Rose Hospital.

“We have even bigger plans. We plan to renovate our Penthouse area next year and develop a complete health and wellness suite there,” said Michael Klein, Executive Director. “Our hope is to bring a wide variety of ancillary health services into our buildings. We are brainstorming about bringing audiology, chiropractic, optometry, mental health and physician services into our buildings, as well as having additional exercise equipment and instructors. Residents will have a much easier time accessing these services.”

In order to coordinate these services and find providers, Kavod will be adding a new position this summer. This person will oversee the programs offered, be involved in the remodeling and work closely with our Resident Care Coordinators to ensure residents can access these services.

A resident using one of the machines currently available in the Penthouse.
Wondering what to do with your used car or truck? Donating your old vehicle to Kavod is convenient, easy and may qualify you for a tax deduction. Best of all, your donation makes a big difference in supporting us.

Call 1.866.628.2277 or go to vehiclesforcharity.org/Donate/Kavod.html

**Thank you to our donors!**

12/1/14 through 4/1/2015

### Activities Department
Anonymous
Rabbi Joe & Sue Black
Liz & Chris Fuselier, in memory of Philip Cooper, z”l
Delores Hubbard
Michael & Wendy Klein, in memory of Herb Grant, z”l
Michael & Wendy Klein, in memory of Marguerite Oxman, z”l
Melvin & Elaine Wolf Foundation

### Area of Greatest Need
Deanie Andersen
Deanie Andersen, in memory of Herb Grant, z”l
Anonymous, in honor of Rachel Miller
Risa Aqua
Garrett Barter
David Brahinsky & Joan Beldock
Steve Beltz
Daniel Bennett & Devorah Uriel
Alan & Gayle Boez
Shirley & David Brannuhl
Alan Brandt
Cynthia Chapman
Konstantin Chereyshov
Rob Coffee, in honor of Jude Coffee
Michael Cohen & Suzanne Bryson* Jean Cunningham
Tatiana Dowell, in honor of Mykhaylo Krachun
Robert & Sandra Eichberg
Morris Eisen
Charles Eisen
Vern & Lisa Engbar
Raymond Ericksen
Bernice Falik,
in honor of Bea Wyman
in honor of Bruce Bayoff
in honor of Corey & Bob Wyman and Jessica
in honor of Howard Falik
in honor of Jordon Kenyon
in honor of Muriel & Bruce Bayoff
in honor of Stefano David & Linda Fogel
Linda & Eli Frank, in honor of Gale Weissby-Waldinger
Herbert & Arlene Galchinsky, in memory of Sarah Galchinsky, z”l
Marvin & Shirley Gang
Roslyn Goldfield
Mark & Barbara Goldstein
Genene Gross
Arnold & Saundra Heller
Alan & Terry Hershey, in memory of Mirmir Hershey, z”l
Kerry Hildredt, MD
Robert & Diane Hochstadt
Bud & Marilyn Hyman
Michael Johnson & Carol Friedsen
C. Howard Johnson
Angelika Kagan
Jerry & Linda Kernis
Larry Kerzner
Rosalyn Kikel, in memory of Loren Schottenstein, z”l
Robert & Sandy Klein,
in honor of Michael Klein
Melvyn & Roberta Klein
Charles Kreiman & Ellen Lemberg,
in memory of Lily Lemberg, z”l
Robert & Shelby Kroitz
Cynthia Land
Peggy Lehman
Ann & Fred Levin
Roselle Levine
Michele & Bill Lucke,
in memory of the Florance Family
Michele & Bill Lucke,
in memory of Tom and Lizzie Engh
Jay Mactas,
in honor of Michael Klein
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in memory of Anna Shnayerman &
David Glickman, z”l
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Yana Profillet,
in memory of Edward Khaanov, z”l
Ismelda Quintero
Debbie Reinberg
Edward & Debbie Rosenfeld
Katy & Ian Roth
Sharon & Justin Roth
Robert Rottman
Mohammad Sabir-Mian
Irving Schaffer,
in memory of Irene, z”l
Frank & Dena Schneider
Kim Schneider Malek &
Charles Malek
Beth Sharker
H. Edward Silver
Smith, Brook, Bolshou & Co, LLP (Harvey Boshlou,30
Joey Simon, Ken Saliman and
Amanda Widgey,
in memory of Marguerite Oxman, z”l
Leonid & Alla Sonkin,
in honor of Yakov Gefand
Hannah Spierber,
in memory of Hanna Kronenberg, z”l
Frances & Ralph Stern
Frances & Ralph Stern,
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Herb Grant, z”l,
and, Bill Gold, z”l
Gaile Weissby-Waldinger,
in memory of Lillian Weisby, z”l
Naomi & Dick Wisott
Amy Wright
Larisa Zdebek
Gail Zwiebel
### Food Truck Event 2015
Edward & Debby Rosenfeld,
in honor of Sharon Roth
### Garden
Michael & Wendy Klein,
in memory of Kathryn Ducy Dufford, z”l
### from Oy to Joy
Resident Council
Rabbi Stephen Booth-Navad,
in memory of Nissa Abigail Mendela
Ellen Brodman
The Kalat Family,
in memory of Max & Minnie Gang, z”l
Menorah Miller,
in memory of George Booth, z”l
Menorah Miller
JoyAnn Ruscina,
in honor of Seth Ward
You Only Live Once (conference)
Andrew Thangasamy
Anonymous
Risa Aqua*
Feggy Bernstein
Rabbi Joe & Sue Black*
BMH-BJ: The Denver Synagogue
BMH-BJ: The Denver Synagogue*
B’nai Havurah
BMH-BJ: The Denver Synagogue*
Rabbi Joe & Sue Black*
BMH-BJ: The Denver Synagogue
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