

March 2019

Connie's CORNER

Hello Residents,

Be sure to choose a class or trip to attend this month! My **Activity Tip** for you is to take your monthly calendar and highlight what you would like to do each day, put it on your refrigerator and look at it each morning to remind you what you want to do that day!

Join me for a FREE hot breakfast!

Meet your Life Enrichment Director at the **Life Enrichment Breakfast and Happenings at Kavod** meeting on Friday, March 1 at 10 am in the Shul Classroom. Hear about all the exciting classes, events and trips this month. FREE hot breakfast served and door prizes!

Connie Moore
Director of Life Enrichment
Kavod Senior Life
22 South Adams Street
Denver, CO 80209
720.382.7813
cmoore@kavodseniorlife.org
Be Happy, Healthy, and Active!



Spotlight

Purim

The Jewish holiday of Purim is a holiday for poking fun. By openly and lovingly making fun of ourselves and our traditions, Purim reminds us to look beyond the cultural masks that divide us and see the humor and humanity at the heart of all civilizations.

The story of Purim comes from the Book of Esther, where Esther and her uncle Mordechai save the Jews from the plot of the evil Haman. Instead of seeing them as citizens, Haman sees the Jews as "other" and sets them up as scapegoats, and a stepping stone to his own power. Esther and Mordechai use a combination of deception and the bravery to stand up for yourself, your people, and what you believe in. It is also a basic story of triumph of good over evil, and victory for the "little guy."

(Purim continued on page 1)

PURIM CELEBRATIONS

Megillah Reading - Wednesday, March 20, 6:15 pm - Health & Wellness/Pikes Peak. With our annual special guests the young families of Havurah Naaleh, and the music of Julie Geller. Hamentashen and groggers provided.

Purim Shtick - Thursday, March 21, 12:30 pm - Shul Classroom. Rabbi Howard Hoffman will entertain us with his "Purim Shtick" of stories, song, dance and costumes.

Welcome New Residents

Alicia Macioch - 236 South Building

Lenora "Nori" Silverman - 312 West Building

John "Tim" Diamond - 805 West Building

Gwen Hinz - 203 West Building

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Kavod Senior Life Sabbath Services

Friday Evening

First and third Friday Nights in March
6:30 pm – 7:30 pm in the Shul

Shabbat Morning

Every Saturday
9 am in the Shul

Kavod's Chaplain Rabbi Steve

Rabbi Steve is our part-time chaplain. He is available to any and all residents (and staff). He can be reached at: 720-382-7836. You can also email him at sbnadav@kavodseniorlife.org



Kabbalat Shabbat/Friday Night Services

Musical Friday night Shabbat services are led professionally twice a month in the Kavod Shul. Normally, Rabbi Birdie Becker leads on first Fridays, and our Rabbi Steve leads on third Fridays. Alternately led by Rabbi Birdie Becker and Rabbi Stephen Booth-Nadav in a contemporary and accessible style. (Watch calendar for occasional variations in weeks or leaders.) We use the prayer book "Kol Haneshamah," which includes good English translations, transliterations of the Hebrew, helpful commentaries and English readings, and more. (It is the first modern prayer book written by men and women, rabbis and lay leaders.) Services

focus on singing and spirit and a brief Torah discussion, and run 60-75 minutes. Resident led Friday night services are temporarily suspended. Please speak with Rabbi Steve if you are interested in seeing these or some other form of Friday Shabbat gathering return.



A Taste of Shabbat

Come for an early "Taste" of Shabbat with Rabbi Steve

Friday, March 8, 22 and 29 (2nd, 4th and 5th Fridays in March) 3:30-4 pm - Shul
A little learning. A song. A moment of silence. And drink a L'Chayim!!

Mindfulness with Rabbi Steve

New Day and Time: Tuesdays, 1pm – SH

This month we will explore the teachings and exercises in a new book by local author Dena Samuels titled: "The Mindfulness Effect: An Unexpected Path to Healing, Connection and Social Justice." All are welcome regardless of your level of experience with meditation.

Purim (continued from front cover)

Interestingly, God is not mentioned in the story. It is said that God is "Nistar b'Esther," or "Hidden in Esther," and we are challenged to find traces of the Divine in the various people and events in the story.

Purim pushes us to take seriously our masks, and then seeing through them, to take the risk to reveal our true identities

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and stand up for ourselves and connect in solidarity with others. Or as one commentator said: "When senseless hatred reigns on earth and people hide their faces from one another, then heaven is forced to hide its face. But when love comes to rule the earth and people reveal their faces to one another, then the splendor of God will be revealed."

So Purim looks a bit like Jewish Mardi Gras, complete with wild costumes, noise makers, liquid merriment, eating Hamentashen (Haman hats), and more. The main festivity, which this year falls on Wed. night March 20th, is a wild, irreverent, dramatic reading of the Book of Esther. We will eat, drink, and literally stamp and drown out the name of Haman/evil in our world.

Join us for our annual celebration of Purim and Megillah reading in the Penthouse at 6:15 sharp! Food and drinks and some masks provided. Come in costume if you dare! And returning again this year is the Naaleh community with lots of young families and children in costumes..... not to be missed!

Mustard Seed Community welcomes return of pianist Steve Miller

Pianist Steve Miller returns to the Mustard Seed Community to play on the 3rd and 4th Sundays of each month. His musical talent and energy is contagious. All are welcome.

From Facilities

John Skahill, Director

Security of Buildings

Outside entrance doors should never be propped open or have tape or cardboard in the way to keep the doors from closing. If you find a door like this please close it and report it to the office or night manager. We also should be mindful of who we let in the building. In reality everyone coming into Kavod should either have a fob or be calling in the intercom to be buzzed in. Thank you and remember to keep our buildings safe!

From Life Enrichment

Connie Moore, Director



Be sure to call Connie (720.382.7813) to get your **NEW, Kavod Passport to Fun book!** The book costs \$5 and when you sign-up and go on the Passport trips, you will receive a stamp for each place we visit on the series tour! Have fun collecting the stamps and seeing new and exciting places with your friends at Kavod. We will start a new series of exciting "Passport" trips each month. At the end of the year, the person with the most Kavod Passport stamps will choose a free local trip of their choice. Consolation prizes of Kavod Kash will also be given. (Does NOT include the 2019 trip to Niagara Falls).

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Rebecca's Volunteer Corner

Hello Everyone!

So many exciting opportunities to look forward to in the next couple months but first a few announcements.

- 1) Please turn in your 2018 GREEN Volunteer Time Sheets
- 2) Please start filling out and returning the updated 2019 GREEN Volunteer Time Sheets

2019 time sheets are located in the Shul classroom, Gathering Room, Mt. Evans and Pikes Peak and outside my West office on the wall next to the mailbox. It is very important that I receive this information because I am in the throes of planning the Volunteer Appreciation Luncheon. If you'd like to receive an invitation, I need to know who you are, where and how you volunteer and how many hours you have accrued.

Here are the luncheon details:

- **Wednesday, May 1, 2019 from 11 am - 1 pm**

The theme this year will be a 50's Sock Hop so roll up your sleeves, polish off your saddle shoes, pull on your poodle skirt, and get ready to boogie!

Big news! Temple Emanuel volunteers will be coming to Kavod on Sunday, May 5 for Fix it Day!! I will have Fix it Day applications available at the Front Desk and outside my WEST building office. Return the completed form to the Front

Desk or in the mailbox by my office by April 18. This opportunity is limited to the first 20 residents who submit the form.

On the Fourth Sunday of each month we will have young adults from The Jewish Experience join us for Community, Fun and Games. Join us from 3 pm - 4 pm in the West Building Gathering Room. All are welcome and the more the merrier! *Refreshments will be served!*

Regis students will be participating in TedTalks and StoryCorp interviews. Please welcome them!

Thank you all for everything you do!
Warmly,

Rebecca Gershten

720-382-7820

bgershten@kavodseniorlife.org

Silver Boards and Bulletin Boards in the Elevators

Please note that information about upcoming religious services and monthly on-going events will be posted on the Silver Boards in the East and West Lobbies. All other information will be posted in the elevator bulletin boards. For detailed information on activities please consult the VOICE Newsletter. Additional copies of the VOICE can be found in the lobbies.

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From Health and Wellness
Mandie Birchem, Director

Heart Healthy Kavod

Hopefully you were able to join us for Heart Healthy Kavod! If not (yet) there is no better time than now to make a commitment to your heart! We have four more offerings (March 13, 27 and April 10 and 24 at 11:30, Health and Wellness/Pikes Peak) of the 75- minute sessions. Each session is filled with a healthy snack, exercise, and heart education from a Cardiology expert from Rose Medical Hospital. All are welcome!!! Make your heart health a priority! Start by making simple lifestyle changes that will help you reduce your risk for heart disease. Taking care of your heart will improve your overall health and will allow you to enjoy quality time with your loved ones. Make a commitment to yourself and share it with a loved one for support.

Also – keep an eye out for 2019’s Activity and Programs Survey!! It should have been delivered with your newsletter and calendar. If not – please give me (Mandie) a call at 720-382-7838 and I will deliver one to you! They are due by March 8, 2019 for an opportunity to be a part of the raffle. If you need any help completing the survey or have any additional questions about the survey. Please call Mandie at 720-382-7838.

MEN & WOMEN: Please remember that due to some people having allergies, asthma, breathing issues.

Please DO NOT wear perfume or cologne to classes, outings, in Dining Room and common areas! Thanks!

From the Pet Club

Carol Jeanne Stewart

To all residents with animals. If you are struggling to pay bills associated with the care of your pet, the Pet Club of Kavod may be able to assist you financially, with limited funds. For information please contact Carol Jeanne at 303-321-6324 or Ariadna at 303-758-5424 (for Russian speakers).

Please note: Remember to keep dogs on a leash at all times to prevent injuries.

Spring Forward

On Sunday, March 10, we should turn our clocks forward (spring forward one hour).

You can reset your clocks before going to bed so you will be on time for appointments.

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Resident Council Meeting Minutes –

February 7, 2019

Strive for a kinder Kavod

President, **Ondalee Kline** welcomed the attendees and ask them to turn off their cell phones and no side conversations, please. All attendees were greeted with

Our first Guest Speaker was **Grace Honce** who provided statistical information on our latest survey here at Kavod. Grace has developed a chart that is very helpful in explaining and outlining the nuances of the survey. She has listened to the residents as to what they want to see and has fulfilled those requests. Grace was informed that many of us are beginning to appreciate statistics! Questions were asked and answered. Our next Guest Speaker was **John Skahill**, Director of Maintenance who reported that the bed bug inspection found a few problems and they are already being addressed. The Chiller is now installed. April will be for Fire Inspections. Working on scheduling window washing. **Mandie Birchem**, Director of Health and Wellness spoke on some of the new classes for the residents. Please watch for flyers for more information on classes: a PA and nurse will take vitals plus other medical informational items; Heart Healthy Classes on Wednesdays, and she spoke about Soul of Aging class series that are very good. Our final speaker was **Dr. Soloman** who provided a lot of very

informative information on Hospice. **Hospice** services started in the USA in 1950 after being successful in European countries. Medicare will pay for Hospice which can be done in a specialized medical facility or in home. Medicare limited their payments to the original reason as to why the patient is there, in other words, if the patient developed an ingrown toenail, that would not be covered. Dr. Soloman provided answers to our many questions.

Old Business – None

New Business – We spoke about a project of doing name badges for residents. This would not be a requirement to wear but would be on a voluntary basis. It would help with name recognition for new residents and for those of us who struggle to remember other resident's names, plus many other benefits. After a period of discussion the group was asked if they would wear a name badge; with the residents responding – 14 said yes and 5 said no. The Resident Council Board will put together a proposal and project costs to bring back to our next meeting.

Business meeting Reports

A. January Minutes were approved as posted.

B. Treasurer Report stated our final balance for January, 2019 was \$1921.15. We also increased our Permission to Spend to \$500.00.

C. East and West Building Reports, none provided as **Judy Coscarelli** was on vacation.

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D. South Building Report was provided by **Carol Jeanne Stewart** who stated that she was finding more carts.

E. Speakers for 2018/2019 – **Ray Vinson and Carol Jeanne Stewart** continue to work on future speakers and advise anyone to let them know of possible speakers.

F. Food Committee – **Denise Lutz** provided food and dining information and will bring a series of questions to our next meeting.

G. Memorial Flowers – **Carol Jeanne Stewart** reported on the wonderful responses we are receiving from the families for providing flowers.

Resident's Corner – Be kind and respectful to one another. Consider the importance of volunteering. Talk to **Ondalee** regarding available positions on the RC Board.

Housekeeping – asked residents to stop placing items around Kavod thinking someone may need them. Our buildings are beginning to look messy and trashy.

We then had a **Pet Committee report** - **Carol Jeanne Stewart** reported that the pet team will begin providing grants (limited amounts) for residents needing assistance with the cost of pet surgeries, as an example. Contact the Pet Committee for more information. The Bylaws committee will start in June as they will have a lot to work on.

The 50/50 game was won by **Diane Devine** with \$5 to her and \$5 to our treasury. There was one **door prize** of a

beautiful felted tote bag that was won by **Denise Lutz**.

Meeting adjourned with the next meeting to be March 7, 2019, Thursday, In the Shul at 2 pm.

Respectfully submitted by **Carol Bell** and **Ondalee Kline**

**SRC (Senior Resource Center)
Transportation Call Center
Phone: 303-235-6972
Monday – Friday, 8 am – 4 pm**

Rides can be requested for any purpose, allowing riders to travel independently to medical/dental appointments, grocery shopping, congregate noon meals, or community based care programs. You can also take personal trips such as to the beauty shop, bank, visiting a friend, etc., (within 10 miles of the resident address). A rider can take three round trips per week with exceptions made for medical reasons. Donations are accepted for this service. A resident must be over the age of 60. Persons under 60 who have a mobility impairment can also request service. **Please make ride requests 3 - 7 business days in advance whenever possible.** Shorter notice requests can be made including the day of the request (such as a medical follow-up) but it is a first call/first serve situation. Some trips that occur regularly (i.e. shopping, going to dialysis) can be placed into a subscription service so you don't need to call each week. Advance notice helps build efficient routing since this is a

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shared ride system. Always remember to call SRC Transportation if you need to cancel your ride; this opens room for another rider.

Please have the following information ready when you make your call:

- Your name
- Pick-up address
- Drop off address
- Time of the appointment
- How long appointment will last
- An emergency contact's phone number

New riders will receive a "new rider packet," usually within two weeks of a call. This packet includes important information, phone numbers, the latest rider Newsletter titled "Going Your Way" and donation envelopes to get you started with using this wonderful service.

March Birthday Celebrations!

EAST BUILDING

Mary Tilton
Genevia Fellows
Agnes Spacese
Martha Gotthelf

Marlene Hayslett
Ana Cobileac
Mario Valverde
Mira Kaydanova
Fuzhong Chen
Ray Vinson
Mircea Tomus
Loretta Boyd

SOUTH BUILDING

Paul Abeyta
Evgeniya Zakharova
Roselle Leviton
Kobra Ashouri
Mark Kaminskiy

WEST BUILDING

Particia Steinberg
Svitlana Cherkasova
Ida Cole
Sharon Knight
Jean Fogg
Gary Eisenach
Alice Albin
Svetlana Kondratskaya
Lenny Silverman
Myrt Sidman
Anna Fine
Antonina Babych
Helen Fitzner
Malcolm Baroway
Xingbin Huang
Judith Bennett
Jerry Gelfand

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Complete the Happenings Survey By March 8th!

The Happenings Survey is released to all residents on Friday, March 1st. Please complete the survey (1 per resident) and turn into the front desk by 4:00 PM on Friday, March 8th.

All residents who complete and submit their surveys by March 8th will be entered into a drawing for a prize! Winners are chosen at random.

- Grand Prize: \$50 Gift Card to Target
- Runner up: \$25 Gift Card to Target
- Third Prize: \$15 Gift Card to King Soopers
- Fourth Prize: \$10 Gift Card to King Soopers

Survey results help the Life Enrichment, Health & Wellness, Internet Technology and Spiritual Service Departments in making decisions and program changes for the coming year.

For questions, comments or discussion regarding this survey, contact Grace Honce, Kavod's Data & Evaluation Specialist.

Email: ghonce@kavodseniorlife.org. Phone: 720.382.7851

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converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. We have an exciting opportunity for March and April discussions. They will be led by Jill and Alana, Regis University Graduate students! Please join us for a viewing of TEDtalks followed by discussion.

EVERY TUESDAY!

You are warmly invited to a weekly Christian Bible Study

Tuesdays, 10:30 am

Shul Classroom

The Bible: God's Word

Bible based information such as:

What is the purpose of life?

What happens to us when we die?

Why do we grow old and die?

Why does God allow suffering?

FREE new Bibles supplied and Bible based literature for all that attend.

No cost or deadline, just drop in!

New time and day! Tuesdays

1 pm – Shul

Mindfulness Training with Rabbi Steve!

We will meet on Tuesdays at 1 pm, in the Shul, for 30-45 minutes. Open to everyone regardless of your level of experience with Mindfulness (meditation) practice.

Regular practitioners at Kavod report experiencing:

- Good relaxation/stress relief
- Help dealing with physical and emotional pain and other life challenges
- Sharper mental focus

- Greater sense of wellbeing and connection and joy.

- Easier time sleeping

Questions? Call Rabbi Steve at 720-382-7836

Tuesday, March 5

6 pm – HWC/Pikes Peak

Resident Birthday Party

Drinks, Desserts & Dancing!

EVERYONE is invited! We have heard that people miss celebrating the monthly birthdays with the larger population, so...

EVERYONE is invited to join in on the fun!

****Be sure to eat dinner first in the Dining Room, and then come to the West***

Building, to celebrate with those that have birthdays this month! Enjoy the

sounds of ***The 3 Man Jazz Group***. Enjoy a cocktail and birthday cake! **Birthday**

people, please be sure to get your RSVP in on time.

Wednesday, March 6

(1st Wednesday of each month)

9-11 am – HWC/Health Services

Free Wellness Clinic

Come visit with a nurse to check your vital signs, ask health questions, and learn about the monthly health topic. This clinic is held the 1st Wednesday of every month! **We**

encourage you to attend and you have an opportunity to win a \$10 gift card!!

Remember to sign in!

Wednesday, March 6

11 am – SHC

Denver Clerk & Recorder

Meet Peg Perl, a candidate for the office of Denver Clerk and Recorder. What does the

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person in that office do? **You are not alone if you have no idea!** But the person in that office protects and provides service to you in many different ways. Hear from Peg personally about the responsibilities of the Denver Clerk. **No cost or deadline, just drop in!**

NEW

Wednesday, March 6

2 pm – HWC/Pikes Peak

Ballroom Dancing with Holly!

Get fit while learning with a professional dance teacher or just come and watch. Learn the basic steps for popular dances like the waltz, foxtrot, samba, cha-cha, and salsa.

No Cost or deadline, just drop in!

NEW

Thursday, March 7

and March 21

10 am – Shul Classroom

The Soul of Aging

Join us for a very special, new, exciting series, which continues every first and third Thursdays for five months. This curriculum comes from the work of Parker Palmer and his “Center for Courage and Renewal.” We will meet for ten sessions, bi monthly, over five months.

A sample of the session titles include:

- Introductory Session – Calling in the Ancestors: Visions of Aging
- Session Two – Spiritual Formation Across the Lifecycle: Living into the Soul’s Calling
- Session Three – The Courage to Name and Claim Your Unlived Life

- Session Five – Truth & Forgiveness: The Call to Completion
- Session Six – Enlightenment in Slow Motion
- Session Ten – Generativity, Legacy and Harvesting Our Lives

Leaders:

Rev. Vern Rempel. Rev. Vern is a Mennonite pastor, a hospice chaplain, a trained facilitator for “Courage and Renewal,” and an accomplished jazz musician.

Susan Kaplan M.S.W., M.P.A., R.Y.T. Susan is a trained facilitator for “Courage and Renewal,” a certified Nonviolent Communication trainer, a yoga teacher and storyteller.

Rabbi Stephen Booth-Nadav. Completed the “Courage to Lead: Seasons of Life” training program, attended a leadership training with Parker Palmer and Carrie Newcomer, and is our Chaplain at Kavod.

Thursday, Mar. 7

5:30 pm

Dining Room

Latin Nights

Everyone is welcome for a special night of Spanish music featuring Flamenco Guitarist El Javi Gutierrez.

No cost or deadline, just drop in!

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Friday, March 8

1 pm – Shul Classroom

Active Minds Presentation – Brexit: What Does the Future Hold for the UK and the European Union?

In 2016 British voters elected to exit the European Union. With important deadlines now looming, the future is full of uncertainty. Join Active Minds as we place this important transition in its historic context and explore where the path may lead, not only for the UK, but also the EU and the rest of the world. **No cost or deadline, just drop in!**



Friday, March 8, 22 & 29

3:30 pm – Shul Classroom

A Taste of Shabbat

**Come for an early “taste” of Shabbat
with Rabbi Steve**

A little learning. A song. A moment of silence. And drink a L'Chayim!

No cost or deadline, just drop in!

Sunday, March 10

4 pm – SHC

Painting & Wine with Polly

Enjoy a lovely afternoon of painting and a great glass of wine! Polly is a professional instructor and will be here to make sure you have a wonderful experience. All materials will be supplied. Come and join in on the fun!

No cost or deadline, just drop in!

Mondays

9:30 am – HWC/Pikes Peak

Tai Chi with Eric

Join Eric as he kicks off the week right with a 60-minute Tai Chi session. Eric is a seasoned instructor providing a class for all levels.

Monday, March 11

**11:30 am – Bangers & Mash –
HWC/Pikes Peak**

**12:30 Jackpot Bingo–HWC/Pikes Peak
Live Music! Bangers & Mash**

Everyone is Irish today! Enjoy **LIVE Irish Music**, along with a delicious traditional British Isles lunch commonly served in both Ireland and England. It consists of bangers, (Turkey sausage links) and rustic “smashed” potatoes and beef gravy, for \$6. Dance and sing along to the tunes!

Then join us for a fun afternoon of bingo games, \$6, with lots of fun prizes to choose from, including Kavod Kash and free drawings for trips! **The prize for the last game is \$20 in Kavod Kash!**



Monday, March 11

2:30 pm – HWC/Mt. Evans

Kavod Senior Life Travel Club

Join us at our next meeting to talk about the **2019 BIG trip! Our 2019 trip will be to one of the seven natural wonders of the world and**

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Toronto, Canada! The massive waterfalls are located on the border between the United States and Canada. Come to the meeting to hear about this exciting trip! **NO refunds on deposit or payments.** To reserve your spot bring your check to make a deposit! We will meet each month so that you can make payments and get new information. Feel free to call me, Connie Moore, at 720-382-7813 with any questions.

Monday, March 11
5:30 pm – Dining Room
Russian Nights

Everyone is welcome! Enjoy a wonderful evening of live Russian music sponsored by Health & Wellness! Join in on the dancing and fun.

No cost or deadline, just drop in!

Tuesdays and Thursdays
9:30 am – HWC/Pikes Peak
Gentle Mat Yoga with Heather

Join Heather as she guides you in a session filled with stretching, breathing and being present with your amazing self!! All levels are welcome for chair or mat use. Hope to see you there!!

Tuesday, March 12
6:30 pm, Van Trip
Lamont Symphony Orchestra
with the DU Honors Competition
Winner and Bruckner Symphony No. 4
“Romantic”

The Lamont Symphony Orchestra welcomes the winner of DU's highest music prize, The DU Solo Honors

Competition, percussionist Kevin Keith. Also on the program is the Bruckner: “Romantic” Symphony No. 4.

Cost Residents: \$6
Cost Non-Residents: \$10
Deadline: Friday-March 8



***Earn a Kavod Passport to Fun Stamp for this trip!**

Wednesday, March 13
7 am – Van Trip
Senior Day at the Capitol 2019

Meet your legislators and elected officials! Senior Day is an opportunity for seniors to learn more about current legislation. Let your legislators know your concerns. All state legislators and elected officials have been invited to attend this event and discuss issues of importance to seniors. *A complimentary Continental Breakfast* will be served. With the entire 2019 Senior Day at the Capitol event being at the Scottish Rite Masonic Center, there is room for everyone to be comfortably seated.

Cost Residents: \$4 transportation
Cost Non-Residents: \$8 transportation
Deadline: Monday-March 11

Wednesdays
10:30 am – HWC/Pikes Peak
Chair Yoga with Heather
Join Heather as she guides you in a session filled with stretching, breathing and being present with your amazing self!! All levels are welcome for chair or mat use. Hope to see you there!!

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NEW!

**Wednesdays,
March 13 & 27**

11:30 am - HWC/Pikes Peak

Heart Healthy Kavod

It's that time again!!! Please join us upstairs in the penthouse as we live and breathe heart health with a 75-minute series including exercise (for ALL levels/accessibilities), heart healthy food demo (with a recipe and food to take home) and education (Rose Medical will be providing heart healthy education). This is a 6-part series that will be offered twice a month from February to April. **All attendees will receive an opportunity for a raffle for each class!! If you attend ALL 6 you will receive a gift certificate for \$25.**

Wednesday, March 13

**2:30 pm - SHC Episode 3: Into the Fire
(1861-1896)**

Wednesday, March 27

**2:30 pm - SHC
Episode 4: Making a Way Out of No Way
(1897-1940)**

“The African Americans” Film Series (4 part series)

Explore with Professor Henry Louis Gates, Jr., the evolution of the African-American people, as well as the multiplicity of cultural institutions, political strategies, and religious and social perspectives they developed – forging their own history, culture and society against unimaginable odds.

**Thursdays, March 14 and March 28
12:30 pm**

HWC/Mt. Evans

Challah Baking with Zeldy

Enjoy a fun afternoon with Zeldy and take home some goodies to bake!

No Cost or deadline, just drop in!

Friday, March 15

9 am - Van Trip

Colorado Mountain Casinos

Join us as we depart for the beautiful Rocky Mountains for a full day of fun! We stop at the Lodge casino where you can catch a local free shuttle that runs around Blackhawk and Central City. If you are not a gambler, just go for the beautiful mountain ride and visit local museums or have lunch!

Cost Residents: \$8

Cost Non-Residents: \$10

Deadline: Wednesday-March 13

Sundays - 10 am

HWC/Pikes Peak

Mustard Seed Community Non-Denominational Christian Service

Steve Miller will play March 17 and 24

Fabulous pianist Steve Miller returns to the Mustard Seed Community to play on the 3rd and 4th Sundays of each month. After his last appearance he was the talk of Kavod. **All are welcome to come catch some joy!**

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Sunday, March 17

11:45 am – trip

Murder at an Irish Wake at the Adams Mystery Theatre

Mr. Limerick has died and we are there for his wake, with singing and dancing and lots of Irish merry-making. But, things take a turn for the worse in the middle of the wake, and the next thing you know, you're solving a crime!

Cost: Residents: \$30 – includes show, lunch and transportation

Cost: Non-Residents: \$50 – includes show, lunch and transportation

Deadline: Wednesday-March 13

Monday, March 18

4:30 pm – trip

Domo Japanese Restaurant Restaurant

Hosted by The Kavod Social Club. Domo Restaurant is a unique dining experience. Domo was chosen by Zagats in their 2001 guide as the fifth top Japanese restaurant in the U.S. It was also selected #1 for décor! Only two Japanese restaurants from Colorado were chosen out of over 114 Japanese restaurants in the state. Don't miss seeing the Japanese country museum and traditional Japanese garden, both housed onsite. *Dinner prices start at \$17.50, not including tax or tip.*

Cost Residents: \$5 plus pay for your dinner there

Cost Non-Residents: \$10 plus pay for your dinner there

Deadline: Friday-March 15

Wednesday, March 20

2:00 pm – HWC/Pikes Peak

Line Dance Lessons at Kavod!

Don't sit on the sidelines, but join in the fun with line dancing lessons. Impress your friends with the latest dance steps.

No cost or deadline, just drop in!

Wednesday, March 20

6:15 pm – HWC/Pikes Peak

Megillah Reading

Minyan Naaleh will join the celebration in costume to chant the Megillah/Book of Esther. Local singer-songwriter Julie Geller will add some music and all the children will add extra joy. Costumes and libations welcome and encouraged. We will eat, drink and be merry.

Thursday, March 21

12:30 pm – Shul Classroom

Purim Shtick

Rabbi Howard Hoffman and friends will entertain us with his "**Purim Shtick**" of stories, song, dance, costumes and more. Dance and celebrate the defeat of bigotry and hatred taught to us by the Purim sacred story. Hamentaschen and light snacks will be served.

Thursday, March 21

6 pm - GR

Movie Night with Susan

Watch fun and inspiring movies that you will remember for a lifetime.

Popcorn served.

No Cost or deadline, just drop in!

MARCH 2019 Trips & Special Events

Sundays – **New location**

6 pm – 3rd Floor Lobby, South Building

Bible Discussion Group

March theme for Bible Study:

Keep Looking Up

Each Sunday we will discuss a different reason why an infinite God needs us mortals. This group is led by Mike Carbiener. Mike has two B.S. degrees – one in Biblical Studies and one in Biblical Counseling. He teaches adults at Bethany Evangelical Free Church in Littleton, Colorado. He is a volunteer who has offered himself as an additional Spiritual resource at Kavod. Everyone welcome!



***Earn a *Kavod Passport to Fun* Stamp for this trip!**

Friday, March 22

10 am – trip

Denver March PowWow

Join us for the 45th Denver March PowWow at the Denver Coliseum. See over 1,000 Native American dancers representing 95 tribes from across the U.S. and Canada. Visit over 180 vendor booths with authentic crafts and artwork, native food and native storytelling that's guaranteed to be entertaining. **We will depart at 2 pm to return to Kavod.**

Cost Residents: \$5

Cost Non-Residents: \$10

Deadline: Wednesday-March 20

Tuesdays

12:30 pm – Bridge

Legacy Blood Pressure Clinic

Are you curious about your blood pressure, heart rate and oxygen levels? Then come and get your vitals checked for free. We will track your numbers and tell you how they compare to normal levels. Every Tuesday from 12:30 to 1 pm.

No cost or deadline, just drop in!

New Time Wednesdays –

12:30 pm

HWC/Blue Spruce

English Help with Marita

Join Marita as she takes over the English Help for Erin. Marita has several years of experience with ESL education and working with individuals of all levels and languages.

Friday, March 22

1 pm – HWC/Pikes Peak

Sing Along with Tory

Join your friends and neighbors for a fun afternoon of songs with Tory Leviton. Tory will play the piano and provide sheet music for your enjoyment.

No cost or deadline, just drop in.

Sunday, March 24

10 am – 12 pm

HWC/Health Services

Free Wellness Promotion Clinic

Join us this SUNDAY to meet one-on-one with a volunteer physician assistant! We will be providing wellness assessments, answer any health or resource questions, monitor health problems, provide

MARCH 2019 Trips & Special Events

education about nutrition and good health practices, in addition, offer referrals to nearby, affordable, health care resources.

Vital Check:

- Blood Pressure
- Weight
- Pulse Oxygen
- And much more!!

We encourage you to come every month! The Health Promotion Clinics not only helps seniors to stay well, but also assist seniors in preventing medical issues from escalating to the point where they will no longer be able to live independently. **All attendees have an opportunity to win a \$10 gift card. Make sure to sign in!**

Sunday, March 24

1 pm — van trip

Gentlemen's Guide to Love & Murder at the Vintage Theater

Enjoy a fun afternoon of live theatre watching this Tony Award-winning Musical Comedy! Can Monty Navarro balance his fiancée, his girlfriend and still slay his way to his rightful place as the ninth Earl of Highhurst?

Residents Cost: \$30 includes transportation

Non-Residents Cost: \$40 includes transportation

Deadline: Friday-March 15

NEW

Sunday, March 24

3 pm – GR

Community Fun & Games

Join young adults for an afternoon of board games, conversation and fun!

We will meet in the Gathering Room monthly on the fourth Sunday from 3-4:30 pm. This is a great way to meet new friends from the community and Kavod. Join us!

No cost or deadline, just drop in!

Monday, March 25

2 pm – SHC

Cover to Cover Book Club

Join the book club at Kavod! We will be enjoying a variety of genres as we explore our capacity to imagine and share our '*novel*' ideas. **No cost or deadline, just drop in!**

Tuesday, March 26

5:30 pm - Dining Room

Happy Hour & the Celtic Steps Performers

Liven up your evening with Irish dancers from **Celtic Steps School of Irish Dance**. These dancers represented Colorado at the 2016 World Championships in Glasgow, Scotland. Celtic Steps will show you the best of Irish Dance! **Celtic Steps** shares their Irish culture through the grace, energy, and strength of Irish dance. **No cost or deadline, just drop in!**

Thursday, March 28

12:30 pm – GR

Don Garcia Music Hour

Enjoy an hour of great music from Kavod favorite, Don Garcia! Don plays a variety of instruments and croons the tunes of Frank Sinatra and other sentimental songs.

No cost or deadline, just drop in!

MARCH 2019 Trips & Special Events

Sunday, March 31

12:30 pm – Dining Room

Hal Aqua and The Lost Tribe –

Purim Concert

Celebrate Purim with The Hal Aqua Band!

Enjoy a delightful hour of Nouveau

Klezmer Music in the Dining Room.

No cost or deadline, just drop in.

Monthly Donations

Thank you for your Support!

January Donations

Health & Wellness Center

Rose Medical Center

Kavod on the Road - Grants

JEWISHColorado

Kavod on the Road- Sponsorships

Feldman Mortuary

Early Signups

Wednesday, April 17

9 am – Van Trip

Ansel Adams: Early Works at the Longmont Museum & Pumphouse Brewery Restaurant

Enjoy a scenic ride to the Longmont Museum in Longmont, Colorado, just 1 hour north of Denver. This is a rare glimpse into the development of one of America's most beloved landscape photographers, a giant in the field of landscape photography, Ansel Adams. Ansel Adams' images of the Western landscape were informed by his belief in the transcendental concept of the *sublime*—a complex combination of overwhelming awe and fear. By capturing the power of nature, Adams changed our understanding of landscape photography, solidifying it as a legitimate form of modern art. The exhibit also features representative vintage cameras and photographic equipment like Ansel Adams might have used to create his remarkable photographs. These examples give visitors a sense of the bulk of the cameras that Adams hauled to cliff edges and mountaintops. Also included is a film showing Ansel Adams' work process and the precision with which he approached creating images. ***After the museum visit***, we will go to the **Pumphouse Brewery Restaurant** for lunch (cost does not include lunch). Voted the best lunch in Longmont by Trip Advisor! Lunch prices start at \$10, not including tax and tip. ***Approximate*** return time to Kavod is 3 pm.

Cost Residents: \$10 includes museum and transportation only, lunch is on your own

Cost Non-Residents: \$25 includes museum and transportation only, lunch is on your own

Deadline: Monday, April 15

**Kavod Senior Life Travel Club
2019 Trip!**

Niagara Falls & Toronto, Canada!

**September 2019
Kavod Senior Life Travel Club**

- Residents cost (double occupancy) \$1675
- Residents cost (single) \$1950
- Non-Residents cost (double occupancy) is \$1850 per person
- Non-Residents cost (single) is \$2250 per person

****Please remember to come to the monthly Kavod Travel Club meetings to make your payments. To make your deposit and sign up, call Connie Moore (720.382.7813).***

Remember you will need a valid passport for this trip!

Price includes (Itinerary is subject to change):

- 6 days and 5 Nights
- Roundtrip airfare
- All Hotels + luggage handling (Hotels provide complimentary breakfasts)
- Maid of the Mist boat ride at Niagara Falls
- 2-½ hour Paddle Boat Cruise and tour of the Canadian and American waters in the famous Thousand Islands
- Various museums and historical sites

Please remember we encourage our travelers to contact "Travel Guard" online or by phone (800-826-4919) or webmaster@travelguard.com) to purchase travel insurance as soon as you make your deposit for this trip. **We do not give a refund** on the deposit or any of the funds paid towards the trip if cancelled for **any** reason. However, if you purchase travel insurance and have to cancel, Travel Guard has insurance plans to help you get a refund through them. Kavod has no connection to Travel Guard.

Monthly Donations

Thank you for your Support!

January Gifts

General

Shirley & David Bramhall

Paul & Susan Fishman

Marvin & Shirley Gang

Joyce Kohn, In Honor of Mohamed Nuriyww

Lee Mendel

Perry Moss

Eliot Profilet

Barbara & Dick Reinish

Sharon Roth

Dr. Ben Shanker

Judson Smalley

Samantha Walsh

Marie Wang

(More donation acknowledgements inside this issue)

Resident Council

President

Ondalee Kline | 512 E

Treasurer

Vacant

First Vice President

Ray Vinson | 601 E

Secretary

Vacant

Second Vice President

Denise Lutz Recht | 606 W

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