

KAVOD SENIOR LIFE

Summer/Fall 2023



Kavod
SENIOR LIFE

Honor. Community. Jewish Values.

*L'Dor U'Dor –
From Generation to Generation*

MESSAGE FROM THE CEO



L'dor v'dor means "from generation to generation" in Hebrew. It captures the idea of passing along values and traditions to perpetuate them. We bestow the Elaine Wolf L'Dor V'Dor award to special supporters at our annual event who exemplify this concept, as shown below.

As an organization, Kavod also demonstrates *l'dor v'dor* more widely by passing along our values of "honor" and "respect" to the greater community. We extend our activities, outings, classes and spiritual services to nonresidents and neighbors. We have a variety of

medical and health clinics that serve older individuals both on and off campus. Our new bistro recently opened and here for everyone to enjoy. Pages 3 & 4 give a snapshot of all we have to offer.

It is my hope that Kavod will always be a place to benefit metro Denver when it comes to aging resources. I continue to seek ways to work with like-minded organizations to enhance what we do and reach more people. I appreciate your involvement with us to help expand our horizons and serve as a leader for others to follow. 🌈

2023 L'DOR V'DOR AWARD RECIPIENTS

Congratulations to this year's Elaine Wolf L'Dor V'Dor Award recipients—the mother-daughter duo of Lynn and Molly Zwerdlinger. They were honored at our Annual Fundraiser held at Coors Field on August 17 for their family commitment to Kavod's community.



ON THE COVER

Kavod's impact involves residents, community members, staff, neighbors and friends, all of whom play an integral part in helping us reach more older adults.

Read more about our specific offerings and outreach on pages 3 and 4!



2023 HIGHLIGHTS



Thanks to a grant from the Murnick Family Foundation, residents were treated to a gathering with students from Israel and Israeli street food.



Community members visiting our Bistro (Left to right) Laurie Dayton (The Ritz- Carlton), Kennen Cohen (Your Castle Real Estate, LLC) , Eric Fullerton (Farmers Insurance) & Christine Des Enfants (Cherry Creek Chamber of Commerce).



Residents and staff celebrating Pride month with entertainment.

The Annual KAVOD ON THE CONFERENCE & RESOURCE FAIR was held in the summer.



Keynote Rabbi Marc Soloway addressed a group of about 140 participants.



Dr. Peng from CU at Kavod presented one of the six breakout sessions.



Connections were made at the Resource Fair.

You Don't Have to Live at Kavod to Enjoy Its Perks!

Do you know how much Kavod has to offer older adults in the greater Denver community? All the programs and services below are open and welcoming to nonresidents. Our goal is to be a beacon of support for positive aging. Check out each section below to learn more, share with friends or family and sign up to participate!



MEDICAL CLINIC

Visit a geriatric medical specialist. Reserved parking makes it convenient to get in and out.

Call 720.382.7800 for an appointment.



HEALTH CLINICS

Kavod offers health clinics including physical and occupational therapy, chiropractic, acupuncture, dental, optometry and more.

Appointments are made directly through the providers. For contact information go to: KavodSeniorLife.org/Campus-Activities/HealthWellnessCenter



HEALTH & WELLNESS CLASSES

A variety of classes from yoga to meditation to virtual reality are offered weekly.

Kavod also presents special programs, such as a Health Conference & Heart Healthy Kavod throughout the year.

For information and schedules go to: KavodSeniorLife.org/Campus-Activities/HealthWellnessCenter

You can drop in anytime to participate!



Kavod
ON THE ROAD

KAVOD ON THE ROAD

Older adults not living at Kavod can join off-campus programs that focus on historical content, entertainment, Judaic topics and more.

An Annual Conference & Resource Fair spotlights positive aging through mental, physical and spiritual perspectives.

For information and current programs visit: KavodSeniorLife.org/KavodOnTheRoad





LIFE ENRICHMENT

Take a trip to the mountains or theater and leave the driving and parking to us! Kavod's van picks up non-residents at the JCC Denver.

We also welcome you on campus for classes, such as art, current events or languages. Stop by for entertainment or a lively concert. Most of the fun on campus is at no-cost!

To find out more, check our activities calendar and on-campus monthly newsletter at KavodSeniorLife.org/Campus-Activities/Calendars



RESTAURANT STYLE DINING

Enjoy a meal in our dining room or join a holiday celebration.

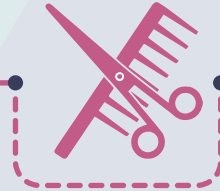
To purchase tickets, contact our front desk at 303.399.1146.



BISTRO

Whether you are on the go or have time to relax - stop by to pick up a hot beverage or morning snack.

Check out the menu & hours: KavodSeniorLife.org/Campus-Activities/Campus-Life



SALON & SPA

Relax and get a haircut, style, manicure, pedicure and massage all in one visit! If you need esthetician services, we offer those, too-for men & women.

For an appointment and a full list of services and prices visit: KavodSeniorLife.org/Campus-Activities/Campus-Life



SPIRITUAL SUPPORT

Kavod is inclusive of many different beliefs and faiths. We offer Shabbat Services, non-denominational Christian Sunday services and multi-faith holiday observances.

For more information and service schedules, contact Rabbi Stephen Nadav-Booth, Chaplain at [720.382.7836](tel:720.382.7836).



DEVELOPMENT UPDATE



**Gaile Weisbly Waldinger,
Director of Development**

Michael's column talks about *l'dor v'dor* – the Jewish concept of transmitting cultural values and traditions from the older generation to the younger generation. It is a beautiful idea that has sustained the Jewish community for over 5,000 years.

I believe, however, that the idea of “from generation to generation” is a two way street. Not only is the older generation responsible for the generations that follow them, but the younger generation has an equal obligation to sustain their predecessors who need help. Our Kavod residents watched the world change from World War II to Vietnam while raising us, educating us, fighting for us and working hard to make their lives—and our lives—better. This should inspire us to give back to these individuals who have given us so much.

Kavod provides this “give back” opportunity as a way to thank and sustain those who paved the way for us. You can volunteer, donate to our programming, become a member of our Legacy Society and attend our annual fundraiser. Please consider the two way street of L'dor V'dor.

You can help us by –

- Volunteering
- Become a monthly donor
- Join our legacy society
- Give a one-time gift
- Name a room in Health & Wellness Center
- Purchase a plaque in a loved one's honor
- Add your loved one's name to our Yizkor book
- Pay for laundry or housekeeping for a resident

Contact me to help with any of these at 720.382.7819 or GWaldinger@KavodSeniorLife.org. Thank you!

THANK YOU TO OUR 2023-2024 SPONSORS (as of August 1, 2023)



Max & Elaine Appel

Molly Zwerdinger & Aaron Rich



**Sandie Eichberg
Perry & Susie Moss**



**Giving While Living
Raabe Family**



**Lewis Family
Sharon & Justin Roth**

Alice & Scott Alban

**Lee & Burton Levy
Bryan Wright**



Ellen Abrams
Flink Supply Company | Jacob & Lynn Zwerdinger
Judy & Gary Saltzman



Brian Botnick & Alex Forke



Marlene Siegel



Sharon & Ned Caulfield

Rob & Debbie Friedman

Melanie & Lee Siegel



Dubroff Family

Michael & Wendy Klein

Steven & Loraine Summer



Linda & Eli Frank

Scott Fisher & Bev Michaels

Connell & Laurie Saltzman

Jan Schorr

Joey Simon

Gaile Weisbly Waldinger

DONATIONS [MARCH - JUNE 2023]

ACTIVITIES

Beth Feldman, In Memory of
Jeane Ginsberg
Sandra Kolesnikova

ANNUAL EVENT

Tracy Kapaun & Anne Deines
Office on Aging Agency for Human
Rights & Community Partnerships
Lisa & Jonathan Perlmutter

BISTRO

Yoshi Igata

COLORADO GIVES DAY 2022

Amelia Dorn

FOOD BANK

Ana Morales

GENERAL

Garrett Barter
Robert Coffee
Vivian Epstein
Janet & Sheldon Fisher
Linda & Eli Frank, In Honor of
Arthur Judd
Zelda Friednash, In Memory of
Gordon Friednash
Sarah Fun, In Memory of
her parents & siblings
Louis Gelfant
Anita & Gerald Gershten, In Memory
of Rose Ross Berkman, Barbara
Grubman & Sydelle Schneider
Renee Gross
Rachel Grynberg
Kathy Iwanoski, In Memory of
Lina Brotherton
Arthur Judd
Joyce & Harold Koch
Charlene Loup
Maggie & Doug Miller, In Honor of
Rebecca Gershten
Dale Marcus
Drew McDonald, In Memory of
Herman Sledge
Eileen Naiman, In Memory of
Irwin Stuart Silverman

Martin Pfefer, In Memory of
Janet Krantz
Debra Romans
Patricia Smith
Yulia Sopkin
Norman & Sura Veta
Arthur Terzian
Charlene Wandel
Gaile Weisbly Waldinger
Gaile Weisbly Waldinger, In Memory
of Marvin Cooper

HEALTH & WELLNESS

Sandra Kolesnikova
Pat Narup, In Honor of
Amanda Birchem

KAVOD ON THE ROAD ANNUAL CONFERENCE SPONSORSHIP

Anonymous
Office on Aging Agency for Human
Rights & Community Partnerships

KAVOD ON THE ROAD

Fran & Harvey Cohen
The Daniels Fund
Hedy & Frank Gold
Greater Hadassah Denver

LIFE & LEGACY

Rose Community Foundation/
Life & Legacy

OPENING MINDS THROUGH ART/ MUSIC & MEMORY

Sandy & Robert Klein, In Memory of
Rhoda & Ed Klein

PASSOVER FOOD

Linda & David Fogel
Gary Leavitt
The Overture Seniors

SAFETY AND SECURITY

JEWISHcolorado

SHUL

Raisa Kaufman, In Memory of Asar
Melamid, Maksim Epshteen,
Solomon Kaufman, Vcktor
Mulyasov, Viktor Miller

Sandra Kolesnikova
Carmelit Lucarelli
Carmelit Lucarelli, In Honor of
Rabbi Stephen Booth Nadav
Lilia Savelieva, In Memory of
Mikhail Urkovetsky
In Honor of Maica Uzeoretskye

VOLUNTEER PROGRAM

The Daniels Fund



Rafael is one of Kavod's OMA (Opening Minds through Art) artists. He is pictured here wearing a conference lanyard and holding a postcard with both of his OMA artworks printed on them. Leading Age, a Washington DC based organization that serves older adults, contacted Kavod because they specifically wanted to feature an OMA artwork on their national conference swag and chose Rafael's!

He wanted to pursue a career in art and won a contest in high school for entry into an art college, but he wasn't able to pursue that path. He says he is now pursuing his passion to make art at Kavod!



Honor. Community. Jewish Values.

22 South Adams Street | Denver, CO 80209

303.399.1146 **MAIN** | 800.659.2656 **TTY**

KavodSeniorLife.org

We appreciate the support from our premier sponsor:



\$500 BONUS FOR ASSISTED LIVING REFERRALS!

Our Assisted Living is a hidden gem in Denver; help us get the word out.

If you refer someone who moves in, you may receive a \$500 thank you from Kavod!



**For details go to:
KavodSeniorLife.org/
Our-Apartments/Referral**

**Bonus applicable to signed leases only. Referral agents not eligible.*



Film, Chef Talk Back & Appetizer Reception

Tuesday, Oct 3

2pm at JCC Denver | Cost: \$5

Join us for "Life and Hummus" featuring a Jewish American filmmaker on his quest to find the world's best hummus.

Local Chef Reggie Dotson from Ash'Kara will share similar adventures live!

Drinks and light Mediterranean fare to follow.

*For details & registration:
KavodSeniorLife.org/SignUp*



QUESTIONS | COMMENTS | SUGGESTIONS: Info@KavodSeniorLife.org



Kavod Senior Life is a non-profit, non-sectarian organization providing housing & services to older adults in the greater Denver area.