

September 2023

Connie's CORNER



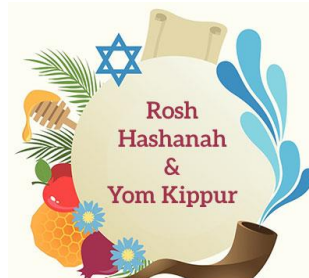
Hi Everyone,

Join us for some fun trips, activities and classes this month like **"What's Happening with Life Enrichment"** on Thursday, September 7 at 12:15 pm in the Gathering Room to hear about this month's **classes, events and trips and enjoy some ice cream treats!** Bring your ideas and suggestions for any new things you would like to do or places you would like to go!

Be sure to attend the ***NEW Drumming with Karen and Fused Glass Art Workshop!** Fall is just around the corner, so be sure to join us on the **Fall Colors trip** this month! Read all about them in this issue!

More Tech HELP is coming! I am working with the Denver Public Library to come to Kavod to do onsite **"Drop In Tech Help,"** so watch for the flyers coming soon!

Connie Moore
Director of Life Enrichment
720.382.7813
cmoore@kavodseniorlife.org



Spotlight

Rabbi Stephen Booth-Nadav
Chaplain

Rosh Hashanah to Yom Kippur

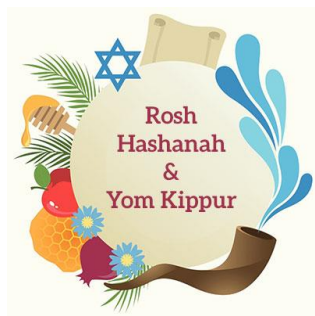
The Ten Days of Turning/Aseret Yamei Teshuvah

While passing through a marketplace, a disciple of Rabbi Israel Baal Shem Tov overheard a conversation between two horse dealers.

"I was thinking," said one to the other. "What does the psalmist mean when he says, 'Do not be as a horse, or a mule, without understanding, their mouths stopped with bit and bridle.'" (PS. 32:9) "Well, when you put a bit in a horse's mouth, he thinks that you are giving him something to practice his chewing on. Don't be like a horse, King David is saying. When your Heavenly Master sends something your way, understand that it is more than something to chew on..."

Article continued next page

From Chaplaincy and Spiritual Services



Rosh Hashanah to Yom Kippur

The Ten Days of Turning Aseret Yamei Teshuvah

(Continued from first page)

In the Jewish psycho-spiritual time-space, the High Holy Days, The Jewish New Year, is much more than something just to chew on. It is an opportunity for important spiritual transformation and challenging personal *work (cheshbon hanefesh)*. In truth our work on ourselves never ends. Thank goodness we have an opportunity every year (every day really) to improve, to be the best human beings we can be.

This personal process is called Teshuvah, or returning to our proper course. It is said that the process of Teshuvah was embedded in the operating system of creation. It is natural. But it takes some conscious effort. Just as anyone knows who has sailed a boat or flown an airplane (or any number of other things), we can set a course, say "due north."

But we can't actually navigate a straight line. That's not how it works. There is always veering to the right or left, and we have to make gentle corrections to stay "on course." That is the natural way.

And so it is with our lives. We set intentions or goals. We start out in that direction. Since

we are human we divert a bit (or more) to the right or left. The spiritual goal is to notice we are off course, and to gently apply force or intention to come back to our intended direction. There is no guilt really. This is normal. It is the way of life. Set a course. Get off course a bit. Come back to course.

It is said that for the mistakes between humans, we have to atone with each other. We can't pray to G-d to fix those. So now is a good time to take an accounting, a *cheshbon hanefesh*, and see who might we owe an apology to, forgiveness, or just an effort to reconnect?

This season is a time, with the support of ancient rituals and community, to do our Teshuvah. And to begin the New Year with a clean slate, a fresh start. And THAT is what makes these days "Holy."

You will see MANY opportunities for gathering in Jewish sacred community in Sept. and Oct. around Rosh Hashanah, Yom Kippur, Sukkot and more. See inside for more details. Please join us as we learn and grow and return together.

From Chaplaincy and Spiritual Services



SATURDAY, SEPTEMBER 9

**Slichot/Havdallah/Changing Ark Covers
8 pm - Shul**

FRIDAY, SEPTEMBER 15

**Erev Rosh Hashanah
6:15 pm - Shul**

SATURDAY, SEPTEMBER 16

**Rosh Hashanah Morning Services
10 am - Shul**

SUNDAY, SEPTEMBER 17

**Rosh Hashanah Morning Services
10 am - Shul**

SUNDAY, SEPTEMBER 24

**Kol Nidre Services
(Yom Kippur begins)
6:15 pm - Shul**

MONDAY, SEPTEMBER 25

**Yom Kippur Services
10 am - Shul**

- Yizkor at 11:30 am - Shul
- Mincah/Jonah Study at 3 pm - Shul
- Final Shofar Blasts & Havdallah:
Meet Rabbi Steve at 7:15 pm -
Outside East Building

SATURDAY, SEPTEMBER 30

**Sukkot Services
10 am - Shul**



TURNING TOWARDS THE GOOD:

A deeper dive into some of the ideas, rituals and prayers of the Jewish High Holy Days
With Rabbi Steve

ALL WELCOME!

Days of Awe: A Deeper Look

**Friday, September 8 at 11am
Shul Classroom**

**Friday, September 22 at 11am
Shul Classroom**



Kehillat Kavod:

Kavod's Jewish Community

Services are held in the Shul, East Building, on the 2nd floor.

FRIDAY NIGHTS - KABBALAT SHABBAT

6 pm – Shul

- **Friday, September 1:** Welcome Shabbat with Rabbi Kim
- **Friday, September 22:** Welcome Shabbat Shuvah)

SHABBAT MORNING SERVICES WITH

Dr. Seth Ward

10 am – Shul

- **Saturday, September 2, with Dr. Ward**



Every Sunday morning

(Except 1st Sunday of the month)

10 am in Pikes Peak

Join with Rev. Dale Lee and our welcoming non-denominational **Christian faith community** for a wonderful uplifting service and connecting community within our larger community. **Note:** Steve Miller will be adding more soulful music to our Mustard Seed services twice a month starting in September!

The Mustard Seed Community is a welcoming group, imbued with faith, inspired by a loving connection with God, and eager to share the joy of living with the world around us. We hope you will join us in worshipping together.

Sunday, September 10

10 am – Pikes Peak

Led by Reverend Dale

Sunday September 17

10 am – Pikes Peak

Led by Reverend Dale and Steve Miller on piano

Sunday September 24

10 am – Pikes Peak

Service and Communion

Led by Reverend Dale & Steve Miller on piano

From Chaplaincy and Spiritual Services



Mindfulness Practice Group

Thursdays at 2:30 pm

Mt. Evans Room, West building, H&W

***Dial-in available as well: 877 230-3480,
then enter 2151***

Join us for 30-45 minutes of checking in and supporting our group practice of "Mindfulness," which can be described as "Moment to Moment Nonjudgmental Awareness." We practice to maintain resilience in challenging times, and as Viktor Frankl described, create more space between stimulus and response, which is where freedom truly lies. Increase joy and peace, self-compassion, and the ability to be with what is. All levels welcome. Contact Rabbi Steve with any questions: 720 382-7836, or sbnadav@kavodseniorlife.org



WE REMEMBER THEM

Almighty One, what are human beings that you take note of them, the children of humanity that you should think of them? A human being is like a momentary breeze, a person's days are but a passing shadow. At dawn, life blossoms and renews itself, at dusk, it withers and dries up. You return a person unto dust. You say: Return, O children of humanity! (From Psalms 144 and 90)



Bernice Rothstein



Monday September 11, 2023 is the 22nd anniversary of a terrible day in the history of our country that changed us and our world forever.

On September 11, Patriot Day gives all of us time to reflect on the devastating terror attacks that took nearly 3,000 lives. We commemorate those who we lost and give thanks to the brave first responders who put their lives on the line. Take a moment today to consider what we stand for as a nation and how we can work together to make the world a better place for all.

On Patriot Day, U.S. flags are lowered halfway, and there is a country-wide moment of silence at 8:46 am (Eastern Daylight Time), which is when the first plane crashed into one of the Twin Towers. Although the attacks were in the U.S., Patriot Day is recognized worldwide as the news devastated and impacted people all over.

Every year since the tragic day of September 11, 2001, all American citizens come together to remember and honor the fallen. Fighting valiantly till the end, their lives and stories are forever memorialized and illuminate this dark day in history.

Moments of silences are observed several times during the day. The timings correspond with the terrorist attacks, with the first one starting at 8:46 A.M. EDT and the last one at 10:28 A.M EDT.

National Day of Service and Remembrance is a difficult day for many, with some solace found in the memorial tributes to those who lost their lives, and through support groups dedicated to spreading kindness and comfort to families today. Memorial events and prayer vigils are participated in across the country.

Today, reflecting and remembering the events that took place in 2001 reminds people of the sensitivity of time and the importance of standing united as a nation.

On that day 22 years ago, 2,977 people were killed and more than 6000 others were injured. The immediate deaths included 265 on the four planes, 2606 in the World Trade Center and in the surrounding area, and 125 at the Pentagon. The attacks remain the deadliest terrorist act in world history.

Most of those who perished were civilians except for 344 firefighters; 71 law enforcement officers in NYC, and 55 military personnel who died at the Pentagon. More than 90 countries lost citizens in the attacks.

It is a sobering time to remember, to honor those who died and their families, others who were injured, and more who helped others in the days, weeks and years that followed.

May the memory of all connected to this terrible event be for a blessing.



Please thank the Life Enrichment Team!

Connie Moore, Director of Life Enrichment
Dmitriy Umanskiy, Lead Driver/Life Enrichment Assistant
Dana Thornton, Van Driver/Life Enrichment Assistant
Susan Schoenthal, Life Enrichment Coordinator
Genny Hale, Volunteer Engagement Coordinator
Elizabeth Stanbro, Intergenerational Program Coordinator

(Also known as the “Activities & Volunteer” department at Kavod)

Did you know that the bands that perform around Kavod for various special events and activities are provided by Life Enrichment?

Did you know that all of the Happy Hours, Birthday Parties, Birthday gifts, wine, beer, and snacks are provided by Life Enrichment?

Did you know that **ALL** of the trips scheduled and planned each month are provided by Life Enrichment?

Did you know that Touchtown and the monthly Voice & Calendar come from Life Enrichment?

Please take a minute when you see this hard working team to thank them for all these things and SO much more!



Genny Hale
Life Enrichment, Volunteer Engagement Coordinator

Greetings and Happy Labor Day! A day to remember all those who labor to make this country great including those who volunteer. A hearty thank you to all the Kavod resident volunteers who do a multitude of things to keep Kavod a wonderful place to live from delivering the newsletter and flyers, to working at the kiosk, to serving on committees, to organizing bookshelves, to giving classes and running activities and so forth and so on. We appreciate you!

Community volunteers also contribute much to Kavod. **On September 13th beginning at 5 pm young adults with Jewish Colorado will drop by Kavod to personally hand out Rosh Hashanah gift bags to all Assisted Living residents.** We hope you'll take part in this fun activity!

Finally, ***please remember to turn in your Volunteer Time Sheets*** to me if you volunteer! **The Volunteer Mailbox is located next to the Gift Shop Kiosk on the 3rd floor bridge!** Extra timesheets are located by the mailbox!

You will be invited and recognized at the annual Volunteer Appreciation Party!

Community REMINDERS



If your smoke detector goes off in your apartment, due to something you may have burnt, etc., and you are not in danger, yet there is a lot of smoke in your apartment, please open your windows and **DO NOT** open your entry/front door!

If too much smoke enters the hallway it can easily set off the WHOLE BUILDING ALARM and the Fire Department will need to respond. Kavod is not allowed to turn the building alarm off, this can only be done by the Fire Department.

Once enough smoke has cleared, the smoke alarm will eventually go off on its own. You can always pull your emergency cord and someone from our emergency response team will respond.

Management



**NO
SMOKING**

Smoking is prohibited in all Kavod apartments and public spaces both inside and outside of our buildings.

The only area where you may smoke is the shelter in front of the South and East buildings.

Kavod has received several complaints from our neighbors at 50 S. Steele regarding some of our residents smoking on their property and parking lots. Please be a considerate neighbor and **refrain from smoking** on our neighbor's property!

Please don't put bread, water, nuts or bird seed out behind the wood fence in the alley or anywhere on Kavod's property. It can attract rodents and other animals.

Grocery Carts need to be put back in the Cart Coral

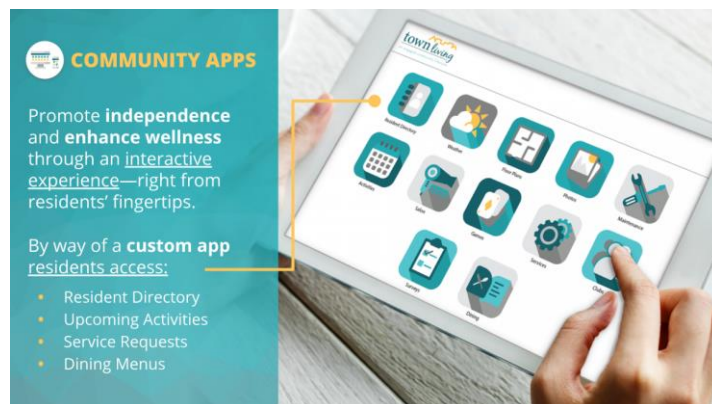
Items in all building common areas, such as, pillows, flower arrangements, pictures and other decorative items are property of Kavod and shouldn't be removed.

Please leave the patio doors closed. First, we are trying to maintain a cool environment and second, we are seeing an influx of flies and bees/wasps.



Assisted Living resident, Eileen Grace Long wanted to express her sincere gratitude to Christy Martinez, Director of Assisted Living and Anjelica Rosse, Wellness Coordinator, and Anna Bovio, Resident Care Coordinator, for all of their help in getting her home from a walk at the Cherry Creek Mall after there was an emergency at the mall and everyone had to evacuate.

Way to go Assisted Living Staff, thank you for going the extra mile to keep Eileen safe!



Life Enrichment is very excited to help you learn about the FREE touchtown Community App!

Touchtown is A FREE, innovative way to communicate, connect and stay engaged at Kavod!

In case you are new, or haven't heard about Touchtown, contact me for all of the details.


Don't forget we have loaner iPads and we can help you download the App and get you started!

Please direct all questions to Connie Moore at 720.382.7813

touchtown

CONNECT

with us



GET STARTED BY

- 1** Searching for Touchtown in your device's app store
- 2** Downloading Community Apps
- 3** Logging in with the username and password provided by your community

On your smartphone or tablet, go to the apps store and download the FREE touchtown Community Apps, and login in with the following:

USER NAME: 4575

PASSWORD: 4575

On your computer you can access Community Apps by going to **www.communityapps.com** and logging in with the same user name and password above.

**FROM CHRISTY MARTINEZ, DIRECTOR OF
ASSISTED LIVING**

As we progress through into summertime, I just wanted to send out a quick reminder to all of our residents that **multiple used electrical sockets and extension cords are not permitted within the Assisted Living apartment units.**

Regulations from the National Fire Prevention and Control (NFPA) and the Colorado Department of Public Health and Environment (CDPHE) state *"Extension cords and multiple use electrical sockets shall be prohibited in resident bedrooms. Power strips are permitted throughout the facility with the following limitations - The power strip must be provided with overcurrent protection in the form of a circuit breaker or fuse, the power strip must have a UL label, power strip cannot be linked together when used, extension cords cannot be plugged into the power strip, power strips can have no more than 6 receptacles, and the use will be restricted to one power strip per resident per bedroom"*

As you can see, the goal of this regulation is to ensure that all units are not at risk of a fire, and that the power being utilized is evenly spread throughout the unit. **Please check your apartment and remove any extension cords and multiple used electrical sockets if present.** If you would like assistance, please give me a call at 720-382-7825 and I will assist in any way I can.

SENIOR PLANET

FROM 

Making Technology Accessible...and Fun!

Wherever you are in the world, you can subscribe to their newsletters and join free classes online and get help over the phone with technology issues.

Call the Senior Planet Hotline to speak with a technology trainer at no cost to you.

They will walk you through your questions on the phone: **888-713-3495**

You can also reach them by phone or fill out the form to contact them on their website: www.seniorplanet.org

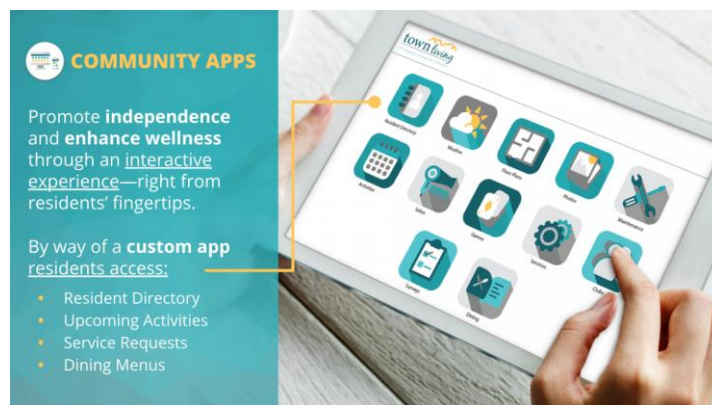
Phone

Center: 720-328-0875

Senior Planet Hotline: 888-713-3495

Normal Hours

Monday-Friday, 9:30am-5pm



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Please direct all questions to Connie Moore at 720.382.7813

TRIPS FROM LIFE ENRICHMENT



Please call Connie at 720-382-7813 to sign up for this month's trips.

For the Assisted Living trips, the Kavod Van will pick you up in front of the WEST building. Be sure to be on time! *Signup with Connie at 720-382-7813. Reservations are required.*

Upcoming Trips

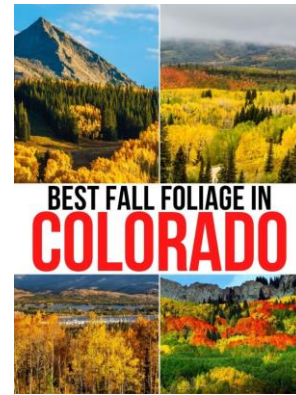


Super Walmart Shopping trip
Tuesday, September 12

Depart at **2 pm** in front
of **West** Building

Be sure to bring cash or your credit card for this shopping trip.

Please call Connie at 720-382-7813 to sign up.



Wednesday, September 22 **10 am – Van Trip** **Fall Colors Day Trip**

Join us for an amazing day trip through the Colorado Rocky Mountains to view the dazzling changing of the seasons! We will stop for lunch in a restaurant along the way.

We suggest you bring a light jacket. We will have bottled water to help you stay hydrated.

Estimated return time is early afternoon.

No need to bring money, but please call Connie to signup at 720.382.7813.

TRIPS FROM LIFE ENRICHMENT



King Soopers Shopping trip

Tuesday, September 26

Depart at **2 pm** in front
of **West** Building

Be sure to bring cash or your credit card for this shopping trip.

Please call Connie at 720-382-7813 to sign up.



Wednesday, September 27

2 pm – Van Trip

****Gather in the West lobby and Life***

Enrichment staff will assist to the Kavod Van

Babi Yar 82nd Anniversary

Commemoration & Tribute Concert

Hosted by the Mizel Museum, the commemoration honors those lost during the massacre at the Babi Yar ravine in Ukraine, as well as all victims and survivors of the Holocaust.

This year's featured Keynote Speaker is **Colorado Attorney General Phil Weiser**, and the event will include a moving tribute concert by **Sandra Wong**, a world-renowned concert violinist.

This annual ceremony encourages the community to reflect upon the ongoing violence throughout the world and to become educated on the destructive forces of hatred and bigotry through the lessons of the Holocaust.

No cost or need to bring money, but please call Connie to signup at 720.382.7813.



BENIHANA
THE JAPANESE STEAKHOUSE

Thursday, September 28

Depart at **10:45 am** in front
of **West** Building

Join us for a delicious and entertaining lunch where food is prepared on steel Teppanyaki grills right at our table! Highly trained Teppanyaki chefs will delight you with intricate knife work, theatrics and amazing scrumptious cuisine!

No need to bring money, but please call Connie to signup at 720.382.7813.

Assisted Living Activities



**Piano Music
While You Dine**

**1st & 3rd Tuesdays & 2nd & 4th
Thursdays**

4:30 pm Gathering Room

Enjoy an hour of live music while you dine.



Mondays

**Piano Sing Along
with Christine**

5:15 pm - Gathering Room

Join Christine on the piano right after dinner to sing and reminisce with favorite old songs.



**Tuesday, September 5
Assisted Living Active Minds:**

Tuskegee Airmen!

12:15 pm – Gathering Room

The issue of race in the military extends from colonial times to the present day. Join Active Minds as we explore a chapter of this story from World War II: the Tuskegee Airmen. These groups of African American pilots were the first black military aviators in the U.S. armed forces.

Active Minds will tell their story of struggle and triumph and bring this issue into a current context.

Assisted Living Activities



Wednesday, September 6 Painting & Wine with Polly 5:15 pm – Gathering Room

Join your friends and neighbors for a fun evening of painting and wine! **No cost**, professional instructor, all materials, wine and laughter are provided!



Thursday, September 7 12:15 pm – Gathering Room

What's Happening this month with Life Enrichment

Join Susan from Life Enrichment to hear about this month's classes, events and trips!

Enjoy some ice cream treats! We will have complimentary regular and sugar free ice cream bars.

Bring your ideas and suggestions for any new things you would like to do or places you would like to go!



Sunday, September 10 12 pm - Gathering Room Grandparent's Day Celebration

We will be honoring and celebrating all grandparents with some lively music during brunch by the **Patchwork Pickers Duo**, consisting of Guitar, Banjo, Bass, Vocals, and great harmonies.

Enjoy these excellent musicians with a wide repertoire from Vintage Country, Rock & Roll, and Hootenanny!



Monday, September 11 12:15 pm – Gathering Room

Assisted Living Resident Council

Join Christy Martinez, Director of Assisted Living, for the Assisted Living Resident Council Meeting. Bring your ideas and suggestions, your voice matters.

Assisted Living Activities



Wednesday, September 13

12:15 pm – Gathering Room

Birthday Celebration & Concert



Enjoy a fun afternoon of music, dessert and dancing! If you have a birthday this month you will receive your birthday gift at this party.

Everyone welcome, come even if it's not your birthday to celebrate with your friends and neighbors!



East Building

Galida Akhmetova
Annette Frieber
Barbara Friedman
Linda Gallagher
Raisa Kaufman
Alla Khazanova
Vitaly Kornov
Tatyana Krashennaya
Marlene Leddick
Sofia Merimski
Liudmila Pasynkova
Rochelle Popiel
Aza Rinenberg
Ganna Solodkova
Zoya Tekova

Aurora Tomus
Keith Vandenberg
Yefim Veyber
Shirley Wallace
Janice Williams
Leslie Wright

South Building

Patricia Bisgard
Martin Hartig
Marilyn Jackson
Van Love
Yena Mirskaya
Irina Mityukova
Elena Sirbu
Liubov Yunash

West Building

Jane Teresa Brooks
LaVeta Cavitte
Debra Colecchia
Josephine Dean
Bernice Falik
Carol Garcia
Isaak Kunin
Mildred Leonard
Sewilla Savage
Stanislava Tyutcheva
Barry West

Assisted Living Activities

DENVER BOTANIC GARDENS

Friday, September 15

12:15 pm – Gathering Room

Denver Botanic Gardens presents

Sensory Adventures at Kavod:

Succulent Gardens!

Denver Botanic Gardens comes to you! A horticultural therapist will work with us to create nature-based experiences that take place right here at Kavod. Each program will be different and designed to fulfill participant goals while providing an enriching and engaging opportunity. **This month our activity is “Succulent Gardens!”**



Monday, September 18

Assisted Living Bingo

12:15 pm – Gathering Room

Research shows that bingo is good for our brains! Join your friends for a fun hour and win prizes!



Tuesday, September 19

Fun Time Pottery with Susan

Create a clay pot the using age-old methods, by molding and shaping clay by hand. Build up the basic shape of the pot then use clay coils to make it bigger until you have a beautiful hand built creation. Add designs to make your creation a work of art.

In the next session on October 17, once the pots are dried, we will finish them by adorning them with colorful paints.



Wednesday, September 20

12:15 pm – Gathering Room

Drumming with Karen

Join us right after lunch for a NEW fun and stimulating activity!

Drumming has many benefits! Here are just a few:

- Improves cognitive function. Drumming can help to improve cognitive function including memory, attention, and problem-solving skills
- Reduces stress and anxiety
- Boosts mood
- Improves physical health
- Promotes social interaction

Assisted Living Activities



Tuesday, September 26

Assisted Living Active Minds:

12:15 pm – Gathering Room

COLORADO'S SYMPHONY SEASON!

Celebrate 100 years of the Colorado Symphony! Join Active Minds as we anticipate the 2023-2024 season of the Colorado Symphony. We will look at the history of our state's orchestra, how conductors select music for concerts, and highlight the artists featured this year including Yo-Yo Ma, Audra McDonald, and Renée Fleming.

Music this season includes works of Beethoven, Tchaikovsky, Stravinsky, Mahler, John Williams, and even Elvis.

General Classes & Events



Bingo!

Mondays, September 11 & 18
10:30 am – Pikes Peak Room

Enjoy a stimulating hour of fun and good brain exercise! No cost, win fun prizes and Kavod Kash!



Cousins Coloring Group

Cousins Coloring Group is back!

Join the host resident Diane Devine for a fun and relaxing evening of adult coloring and a great social hour.

General Classes & Events



Tuesdays

In-Wii bowling

2:30 pm – Pikes Peak Room

*****Wii bowlers, please do not enter Pikes Peak before 2:30 pm as this interrupts the class in session before Wii bowling, thanks!***

Join your friends and neighbors for a fun afternoon of **Wii bowling!**

Beginners welcome! We will teach you if you've never played before.



Katie's Hand Crafts

2nd & 4th Wednesdays

2 pm – 3rd Floor Bridge

This group is for beginners and seasoned knitter, crocheters or anyone who would like to learn a new skill in hand work.



The Joy of Writing Workshop

Sundays, *September 3, 10 & 24

(NO SESSION ON SEPTEMBER 17)

1 pm – Shul Classroom

Come join our Sunday afternoon writing workshop to express yourself, try out new writing techniques, and share your work.

We welcome writers of all levels of experience!



Tuesdays

***NO CLASS ON SEPTEMBER 5**

Opening Minds through Art

1 pm – Pikes Peak

Opening Minds through Art (OMA) is in session! Enjoy "failure-free" art with a student volunteer art partner from Regis University. All materials provided. ***Please reach out to Elizabeth, Life Enrichment Intergenerational Coordinator at 303.476.0185 or email estanbro@kavodseniorlife.org, for information.***

General Classes & Events



Fridays

**1 pm – 2pm – 3rd Floor Bridge
Cow-mooobile (ice cream)**

Enjoy some ice cream every Friday!
Dairy Queen Dilly Bars that are reduced sugar
& dairy free. Doggie ice cream is also
available.



**Friday, September 1
1:30 pm – Shul Classroom**

Create your own jewelry with Kavod
volunteer, Sabina Zhornitsky. Participants
will design and make beautiful easy to
wear jewelry. Sabina is bilingual in English
and Russian and enjoys sharing her
talents.

**Everyone of all abilities is welcome to
join this fun class! No cost and all
materials are supplied.**



**Sunday, September 3
5 pm – Dining Room
Kavod Sing Along Group**

A resident Sing Along group meets on the
first Sunday of the month at 5 pm in the
dining room. If you love to sing come join us.
No need to read music, singing for the fun of
it!



**Current Events & Book Review are
cancelled this month due to the holiday,
see you next month!**

***NEW!**



**Drop In Tech Help!
1st Tuesday of the Month
September 5
10 am – Noon
Mt. Evans**

Join Emily from the Denver Public Library for
Some tech help! Bring your own device, iPad,
laptop, cell phone, etc., and she will help you.
****When you enter the room you will sign
up for 15 minute time slots on a first come
first served basis.**

General Classes & Events



Wednesday, September 6
Watermelon Wednesday
12 pm - 2 pm – 3rd floor bridge

Let's bring the summer in with a slice of watermelon! On the Bridge from 12:00 to 2:00pm or until gone. ***Sponsored by Resident Council, supported by Community Options.***



Wednesday, September 6
Fused Glass Art Workshops
1 pm – Pikes Peak

Join Artist Melissa Sweetser for a fun afternoon making fused glass art items. ***This month you can choose from making a necklace or small glass dish.*** She will take the projects to her studio to be fired and they will be returned to you once completed, typically about a week. In the future, additional workshops will be available featuring night lights and sun catchers and other fused glass giftware.

All materials provided!



Mondays, September 11 & 18
1:30 pm – Pikes Peak
Kavod Player's Readers
Theatre

Readers Theatre is an easy, no-pressure way to participate in the performing arts. Actors carry binders and read from their scripts at tables. This means there's no memorization required! Stage movement is dependent upon each actor's comfort-level and abilities.

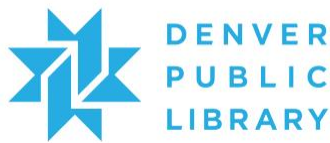
Join instructor David Eitemiller, a seasoned theater teacher and director, each Monday for some fun and dramatic inspiration with your friends and neighbors!

September 11: The meeting on this day will be devoted to reading the play, "**Harvey**" to get to know the characters, the settings, and the plot.

September 18: The meeting on this day will be devoted to selecting the performers for the various parts and handing out the scenes to be performed.

Whether you've been onstage a hundred times or never in your life, this class will encourage positive creative expression and provide you with a supportive group of like-minded artists. ***No experience required and all levels of ability welcome.***

General Classes & Events



Monday, September 11

**Please note only one date this month!*

Denver Public Library Bookmobile

2:30 pm – 4 pm

Gathering Room

The Bookmobile sets up for two hours at Kavod each month in the West Gathering Room so you can checkout and return books. Call 720-865-1112 or email mobile-services@denverlibrary.org with questions or to place items on hold.



Tuesday, September 12

10 am – Gathering Room

Gratitude Sharing with Susan

Gratitude makes for a positive attitude! If you have ever wanted to keep a gratitude journal this is your chance. We will write, talk and share about those things we are grateful for, in addition to reading positive stories together, listening to speakers share about happiness and delve into a variety of tasks to

explore gratitude in new ways. **A gratitude journal and pen will be provided.**



Wednesday, September 13

Summer Games

6:30 pm – East Patio

What is it? You will be seeing outdoor summer games, like Corn Hole, (a beanbag game), Yard Jenga and much more. This will be random times or you can request them. If you want to request these games contact Katie or April to pick up on the sixth floor.

No experience needed.



Monday, September 18

11 am – Shul Classroom

DMV2GO, the mobile service for the Department of Motor Vehicles will be onsite so you can renew your license, apply for a new license, get a Colorado ID, etc.

You will need to contact the county motor vehicle for anything regarding handicap placards or vehicle services

You must sign-up in the East office for your time slot.

We are no longer doing a Stand-by list.

* Colorado State IDs are free to adults older than 60

* For all ages driver's licenses are \$30.87

General Classes & Events



(continued)

*If you need to renew a Colorado Driver License you will need to bring your CO drivers license, Social Security Card, VA Card or current Passport.

For proof of address bring two of the following: Bank Statement, Phone or Utility Bill, CO drivers license for proof of address.

Accepted forms of payment are check or money order made out to the Department of Revenue or DOR, and credit card.

Deadline: September 11



Low Vision Support Group

Kavod Low Vision Education & Peer Support Group

**Monday, September 18
1:00 pm – Mt. Evans
(West Building, top floor)**

****NOW IN PERSON!**

****NO Call-in option, In-person ONLY!**

This month's topic will be **"Peer groups and being a peer: staying social after vision loss."**

Learn about adaptive skills, technology, and resources for living with low vision from peers, guest speakers, and the Facilitator, Alexia Diaz, Beyond Vision Skills Trainer, 720-263-0429.



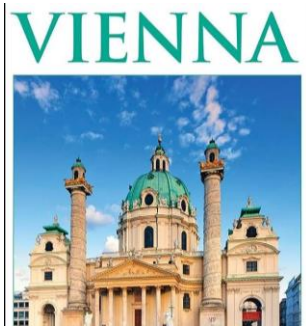
**Tuesday, September 19
1 pm – Shul Classroom**

The Brave Space (LGBTQ+)

"Brave Space" is a safe space for LGBTQ+ residents and our allies! We have open discussions on our family and friends in the LGBTQ community. *(This is a fully confidential meeting. What is said here stays here.*

All attending will be asked to agree to keep full confidentiality.

General Classes & Events



**Wednesday, September 20
1 pm-HWC/Pikes Peak Room**

Vienna: Biography of a City!

Join Active Minds for the story of Vienna, Austria's capital and largest city. Located on the banks of the Danube river, Vienna was the seat of political and economic power in Eastern Europe for centuries. Today Vienna remains an important cultural and political hub, with a deep history in the arts and sciences, including a pivotal role in the classical music works of composers such as Mozart, Beethoven, Hayden, and others.

***NEW**



The Armchair Traveler! Rick Steve's Italy

**Thursday, September 21
11 am – Pikes Peak**

Enjoy a delicious Italian dessert while watching an episode of Rick Steves' Italy.

Travel the best possible way by never leaving home!

Rick Steves will leave you mesmerized on all the historic details about Italy, and is **THE** expert on traveling in Europe.

General Classes & Events

Special Event!



Celebrate Greek Dance, Culture & Cuisine

**Thursday, September 21
6 pm – Dining Room**

Thanks to the Murnick Family Foundation!

Opa! Join your friends and neighbors for a fun evening celebrating Greek culture, dance and cuisine!

At dinner service, the Kavod Kitchen will provide a variety of Greek foods as *dinner menu selections*.

Then starting at 6 pm in the dining room, the award winning International ***Greek Dance Troupe*** will perform traditional Greek dances at 6 pm in the main dining room. Discover the stories of Greece from its ancient history that shows the major contributions of Greek dance, culture and cuisine to our world today!

Don't miss this fun, interesting and delicious evening!

Everyone welcome!



Scrapbooking Fun

**Sunday, September 24
3 pm – Shul Classroom**

Let's Get Scrappy! Katie has responded to several requests to start a scrapbooking group. She will walk you through the first steps to creating your scrapbook. Prior to coming go through your pictures and put them in events, themes or dates. Jo Anne's has great supplies of printed-paper. Supplies provided to help you get started.

Join us from 3 pm – 6 pm. Please call Katie to reserve a place at 630.292.6226.



Challah Braiding Workshop with Luisa

**Thursday, September 28
2 pm – Pikes Peak**

Enjoy a fun afternoon of creating Challah braids! Each attendee will make one full-size challah and four rolls, which will enable everyone to learn lots of different shapes! You will take your braided loaf and rolls home with you to bake fresh for Shabbat! Everyone loves challah, and it tastes even better when you make it yourself!

No cost and all materials provided!



Meet our new Occupational Therapy Assistant, Shelby!

Hello! My name is Shelby Thomas, and I am the new Certified Occupational Therapy Assistant here at Kavod! I moved to Colorado in 2019 with my husband. I grew up in Lake of the Ozarks, Missouri... GO CHIEFS! I originally got my bachelor's degree in exercise science, but decided to go back to school to get my associates in occupational therapy from Pueblo Community College. My future goal is to go back to school to attain my masters in Occupational Therapy... some might say I'll be a student for life!

Outside of work, I love watching football (my husband is a football coach), being with my 1 year old, fly fishing, baking and playing pickle ball! I am excited to continue to treat and meet lots of new Kavod residents. Please say hello if you see me in the halls or the gym.

Occupational therapy works in many ways! If you have pain, difficulty with daily tasks, incontinence, issues with low vision, coordination impairments, decreased endurance, come meet us! ***We want to keep you independent and safe!***

Call or visit us in the Health and Wellness Center!
303-321-2452



Maria Droste Intern Update

We have two new interns starting with Kavod this Fall! They joined the Kavod team in late August and are open for clients! Please meet Erik and Scarlet! If you are interested in working with them please contact your care coordinator! We will be starting up a book club this fall.

Telephone Buddy

If you would like to visit with someone, are lonely, or feeling isolated and want someone to check on you one to two times per week, please call 303-333-3482 and request a telephone buddy! Great opportunity to develop new friendships and companions.



Virtual Reality @ KAVOD!!

Did you know that the use of virtual reality has been found effective in reducing your fear of heights?! Ever wonder what virtual reality is all about?

Please leave a message at 720.382.7855 for an appointment. We schedule these appointments for the 4th Wednesday of the month. *NO EXPERIENCE NEEDED.*

Groceries

If you need support in ordering groceries please leave a message at 720.382.7855. Reminder if you order on your own to make sure that they deliver it to your door! ****If you receive groceries that are not yours please call or bring them to the front desk. If not claimed the groceries will be placed on the 5th floor of the East building.***

Access-a-Ride Application Support

Interested in applying for **Access- a- Ride**? We can help! **Access- a-Ride** provides local bus transportation in the Denver metro area for people with disabilities.

To qualify you must: Be unable to get to/from a bus stop, on/ off a lift-equipped bus on your own, or have a disability that prohibits you from riding the bus independently. ****If you are interested in applying - call for 720.382.7855!**

****UPDATED Emergency Sheets** will be distributed the 4th Wednesday of the month by Hannah, Kavod's Health and Wellness Services Assistant. You will receive a reminder call 24 hours prior to distribution.**

Mondays and Wednesdays

9am – HWC/Pikes Peak

Mountain Balance

This is a health and fitness program with a concentration on strengthening balance skills. The exercises are done seated or standing with support (ALL levels are encouraged to attend). The program will include assessments if desired so you can track your improvement.

Wednesdays and Fridays

10am – HWC/Pikes Peak

Gentle Yoga

Join, Andrea or Regina – from Mile High Fitness, as she guides you through 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!!



Tuesdays and Thursdays
9am – HWC/Pikes Peak
Tai Chi with Eric

Health Benefits of Tai Chi:

- Improves lower body and leg strength
- Enhances mental capacity and concentration
- Reduces blood pressure
- Helps with arthritis pain

Eric is a seasoned instructor providing a class for all levels.

Wednesdays
12pm – Gym
Blood Pressure Checks with Legacy

Rudy or a member of the Legacy team will be providing free blood pressure checks on the bridge every Wednesday at noon.

Thursdays
Call 720.382.7855 for an appointment
PTC Rebate Assistance

Many Coloradans may be eligible for the Property Tax/Rent/Heat Credit rebate, also known as the "PTC Rebate," which is available every year.

You may qualify for the PTC Rebate if you are:

- A Colorado resident
- A single person with total income of less than **\$16,925**; or
- A married couple with total combined income of less than **\$22,858**
- At least 65 years old or A surviving spouse at least 58 years old; or

Disabled for all of 2022, regardless of age, and received benefits for the full year.

2nd and 4th Thursdays
1015am— HWC/Pikes Peak **NEW TIME**
Drumming w. Legacy

Group drumming is not about teaching people how to drum. It is simply allowing the attendees to express themselves for personal empowerment and wellness!!

All are welcome and experience is NOT required! We instinctively possess a sense of rhythm: we can tap our feet, our hearts beat, we use a rhythm to walk, we dance to a rhythm. Legacy staff will guide the group to discover the rhythm that's already within you!

Benefits:

- Reduce tension, anxiety and negative feelings
- Induce alpha brain waves that make you feel calm & relaxed
- Incite laughter and good humor
- Generate positive energy + blood flow!

Friday, September 22nd
9-1030am — HWC/Pikes Peak + Mt Evans
Fall Prevention Breakfast Hour + Free
Balance/Strength Assessment with Legacy

Kick off your day right!! Join Legacy for FREE balance/strength testing, learn about new fall prevention tips and enjoy yummy breakfast + coffee! Residents are encouraged to attend for free balance, strength, and range of motion assessments. Breakfast, refreshments and more will be provided!



July Gifts

ACTIVITIES

Sandra Kolesnikova

COLORADO GIVES DAY 2022

Amelia Dorn

BISTRO

Jay Mactas

GENERAL

Sandra Brown

Barbara Cook

Anita & Gerald Gershten, In Memory of Ben &

Joan Zwein, z"ll

Jim Levitt

GRANTS

The Harry & Jeanette Weinberg Foundation

100+ Jews Who Care

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD SPONSORSHIP

Ellen Abrams

Alice & Scott Alban

Balson Faix & McVey

Leslie Beltrami

Sharon & Ed Caulfield

Comer, Nowling & Associates, PC

CoPi Plumbing

Flink Supply Co.

Linda & Eli Frank

Robert & Debbie Friedman

Michael & Wendy Klein

Marx/Okubo

MidFirst Bank

Perry & Susie Moss

Parkside Financial Bank and Trust

Polsinelli Shughart PC

The Raabe Family

Sharon & Justin Roth

Connell & Laurie Saltzman

Gary & Judy Saltman

Jan Schorr

Michael Silverman & Elizabeth Hoffman

Stewart Title Company

Gaile Weisbly Waldinger, In Honor of Rabbi

Stephen Booth Nadav

Zim Consulting

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD DONATIONS

Linda & Eli Frank, In Memory of Lois Cohodas, z"ll

Shelley & Robert Krovitz

Essie Perlmutter

Martin Pfefer

Sherrie & Jeff Stepsay

Vintage Theatre

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD GENERAL TICKETS

Nancy Alterman

Intermountain Jewish News

Crystal Lung

Tom Miller

Frank & Debbie Piazza

Marci Rivkin

Jamie Sarche

Jay Siegel

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD VIP TICKETS

Shana Dinner de Vaca

Judy Fishman

Debbie Ginsburg

Dale Marcus

Andrew Pescovitz

Mary Ann Rich

Kathy & Inn Roth

Team Sisters

Temple Sinai