

Voice

Monthly Newsletter for Kavod
Assisted Living Residents

November 2023

Connie's CORNER



Hi Everyone,

Happy Thanksgiving! Let's take time to remember the many blessings we have in our lives. This month we celebrate Thanksgiving, so in that spirit, let's be kind to one another and live a life of **ThanksLIVING** every day. I hope that each of you find an activity, class and outing to enjoy this month, and join us as we celebrate a full and active way of life here at Kavod Senior Life.

Be sure to attend **"What's Happening with Life Enrichment"** on Thursday, November 2 at 5:15 pm in the Gathering Room to hear about this month's **classes, events and trips and enjoy some delicious cookies!** And don't forget to attend the **NEW "Good Vibes with Rick" and "Drumming with Karen!"**

Also, be sure to sign up for all of the exciting trips this month!

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

Honoring our Veterans



Welcome New Residents

Harriet Gibson 622 - East Building
Vivian Goldstein 501- East Building
Natalya Kondratyeva - 709 West Building
Janice Lettas - 415 East Building
Ricky Motsinger - 1008 West Building
Edward Myers - 725 South Building
David Rieck - 1201 West Building
Fanya Roykhman - 1306 West Building

From Chaplaincy and Spiritual Services



Kehillat Kavod: Kavod's Jewish Community

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

Kehillat Kavod Annual Meeting! Friday, November 10 11 am - Shul

We will hold an "annual meeting" to discuss what is happening and the offerings of our shul based Jewish community at Kavod.

Come listen and share feedback and ideas for the future of our dynamic community.

Coffee and other refreshments will be provided!

FRIDAY NIGHTS - KABBALAT SHABBAT 6 pm - Shul

Friday, November 3: Welcome
Shabbat with Rabbi Steve

Friday, November 17: Welcome
Shabbat with Rabbi Kim

SHABBAT MORNING SERVICES WITH Dr. Seth Ward 10 am - Shul

**Saturday, November 11
Saturday, November 25**



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.

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, November 12 10 am - Pikes Peak Led by Reverend Dale

Sunday November 19 10 am - Pikes Peak Led by Reverend Dale and Steve Miller on piano

Sunday November 26 10 am - Pikes Peak Service and Communion Led by Reverend Dale & Steve Miller on piano

From Chaplaincy and Spiritual Services



On Nov. 9-10, 1938, Nazi leaders unleashed a series of pogroms against the Jewish population in Germany. This event became known as *Kristallnacht* (The Night of Broken Glass) because of the shattered glass that littered the streets after the vandalism and destruction of Jewish-owned businesses, synagogues and homes. Some refer to this event also as the beginning of the Holocaust, for it was the first time large scale violence against Jews was allowed and encouraged by the government, showing they would condone such things.

Nazi officials disguised the organized nature of the pogroms. They described the actions as justifiable and spontaneous responses of the German population to the assassination of a German diplomat, Ernst Von Rath, in Paris.

During the pogrom, 30,000 Jewish males were rounded up and taken to concentration camps. This was the first time Nazi officials made massive arrests of Jews specifically because they were Jews, without any further cause for arrest.

In the aftermath of *Kristallnacht*, the Nazi regime ordered the Jewish community to pay a 1 billion Reichsmark "atonement tax" and rapidly enacted many anti-Jewish laws and edicts.

This date is not on most calendars today. But as fewer and fewer of those who witnessed

these atrocities are alive today, for the sake of the future, we must remember.

<https://encyclopedia.ushmm.org/content/en/article/kristallnacht>

The Best Gift You Can Give: A Note from our Chaplain

Earlier this year I sat with the daughter of a resident who had passed away the day before. She was distraught and grieving and had no idea what to do, as her mother had left no instructions or plans. It was a difficult scene. Very hard decisions to make in the midst of grief with no support. I was reminded of two things I wish I could explain to everyone.

First, the greatest gift you can give your children and family is to have a burial plan, and to make sure your loved ones know what it is and where the paperwork is. I have also seen great relief on the faces of survivors when all this was in place, and there was little for them to figure out. They could just follow the plan and grieve.

Secondly, I often hear people say "my father/mother didn't want a service." Again, in these situations, I often sit with distraught family members who need a container or ritual for grief, but if there is no funeral or service, there is none. I am convinced that most people who say they don't want a service or funeral are in truth saying that they don't want to be there. I wish I could have explained to them: "Don't worry! You won't be there! But your family will be. What do THEY need?"

From Chaplaincy and Spiritual Services

The Best Gift You Can Give (Continued)

Obviously there are many alternatives and aspects to these decisions. And if we are connected to a faith community there may be other guidance and considerations.

Regardless of faith, as your chaplain I am here to discuss any of this and to make referrals.

Rabbi Steve. 720 382-7836,
sbnadav@kavodseniorlife.org



Mindfulness Practice Group

Thursdays at 2:30 pm

Mt. Evans (changing to Mt. Blue Sky)

***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



Wednesday, November 8

10:45 am – Bistro

Sacred Grounds: Schmooze in the Bistro with Rabbi Steve

Pick up food or drink of your choice with your "bistro bucks." Then join us at a special table for conversation by 11am!

Basically an open conversation with our chaplain, feel free to bring a question or topic of interest.

Rabbi Steve will also bring a sacred text or life question for discussion.

Contact Rabbi with any questions or suggestions in advance at: 720 382-7836, sbnadav@kavodseniorlife.org

Remember

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)



Michelle Allen

May their memory be for a blessing



Bronislava Prykhodko



**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!**

Life Enrichment

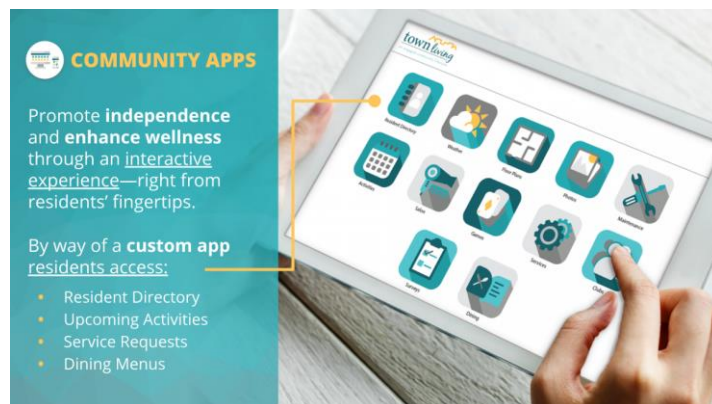


Genny Hale
**Life Enrichment, Volunteer Engagement
Coordinator**

Thanksgiving is upon us. This time of year,
let's stop to remember all our many
blessings. I personally want to thank all of
Kavod's resident volunteers who make so
many things possible here at Kavod from
delivering this newsletter, to giving classes, to
running the Gift Shop Kiosk, to volunteering
with Resident Council, to keeping our books
neat and organized and so much more. What
you do matters and makes our community
better.

**November will be the month we recognize
you**, our Kavod volunteers, through a fun
Volunteer Appreciation Party on Thursday,
November 16 at 11 am in the Dining Room.
***If you have volunteered in the past year at
Kavod, please join us.*** If you're not sure, then
please contact me.

For those of you who haven't yet volunteered,
I encourage you to do so if you can. It's
rewarding and a great way to make new
friends. For those who already volunteer,
**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!** If you have any questions
about volunteer opportunities, you can reach
me at 720.382.7820 or at
ghale@kavodseniorlife.org.



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

Fall Safety

Falls are one of the main causes of older people losing their independence. Taking a proactive stance against falls is the best way to prevent these potential life-altering events.



If you have fallen in the past year, feel unsteady while walking, or find yourself needing to steady yourself by

holding onto furniture when walking in your apartment, you ARE at risk of a fall.

There are several things you can do to help prevent falls:

*** *Begin an exercise program*** to improve your leg strength and balance. Kavod offers exercise programs daily, such as yoga and Fitness Fun. If you do not enjoy group exercise activities, you can find exercise equipment in the Health and Wellness Center available for use 24-hours a day.

On site physical therapists (through Legacy Healthcare) offer several educational courses per month. They also provide physical, occupational and speech therapy. Please see Anjelica immediately if you feel you are at risk of falling and would like to access these services.

*** *Drink plenty of water.*** Colorado's dry climate can lead to dehydration which increases the risk of falling. Drinking at least 8 glasses of water per day helps to keep you hydrated. As another benefit, water helps keep our skin and hair from the damage that

is caused from living in a dry climate.

It is a win-win!

*** *Ask your doctor to routinely review your medications.*** Many medications have side effects that can increase your risk of falling. Having your primary physician check your prescriptions can help identify these risks before a fall occurs. Contact Anjelica if you have any questions about your medications (both prescribed and over-the-counter), the side effects or if you'd like your medications reviewed.

*** *Ensure you have proper lighting and use the grab bars in the bathroom.*** Remember to turn on lights when moving about your apartment. Kavod will replace any burnt out light bulbs you have—report them to your care partner or contact Christy at 720.382.7825 immediately for replacement.

Use the grab bars in the bathroom when the floor is wet or when you stand up to help get/maintain your balance.

*** *Get an annual eye check-up and update your glasses.*** Being able to see items clearly and at the right depth is a key factor to decreasing our fall risk.

*** *Remove clutter and trip hazards.*** Kavod Assisted Living provides general housekeeping weekly. Whenever the housekeepers and care partners enter your apartment, they look for potential safety hazards and report these hazards to Christy. For those residents who perform their own housekeeping, please be sure to keep all items off the floor and properly stored. Your apartment will be audited routinely to ensure proper safety habits and lease requirements are observed. If you require assistance with organization, please contact Christy or Anna.

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



Dollar Tree Shopping trip Friday, November 3

Depart at **1:30 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.



Monday, November 6

Depart at **4:15 pm** in front
of **West** Building

Movie & Dinner at AMC Southlands



Join us for a wonderful evening out for a movie and dinner at the Southlands AMC Dine-In Theatres! We will pick our movie to see when we arrive and have dinner at the theatre in comfy luxury loungers!

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

TRIPS FROM LIFE ENRICHMENT



**Wednesday November 8
6 pm – Van Trip**

Lamont Symphony Orchestra

**Newman Center for the Performing Arts,
Gates Concert Hall**

Enjoy a wonderful evening of music by the LSO performing "The Force of Destiny" and opens with the overture to Verdi's *La forza del destino*, conducted by Cosima Luther. The first half is rounded out by Strauss's *Tod und Verklärung* (Death and Transfiguration) conducted by Joe Reyna. On the second half, Reyna leads Price's *Colonial Dance*, Bernstein's "Glitter and Be Gay" (featuring soprano Megan Pryor) and Liszt's *Piano Concerto No. 2* (featuring pianist Michel Bourdoncle). ***Our approximate return time to Kavod is 10 pm.***

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



Super Target Shopping trip

Tuesday, November 14

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.



Monday, November 20

Depart at **1:30 pm** in front
of **West Building**

Wings Over the Rockies Air & Space Museum + Dinner

Prepare for takeoff! Join us for a guided tour of this former site of Lowry Air Force Base. From a B-52 to the Star Wars X-wing signed by Harrison Ford and other cast members, our museum, housed in a 1930s Air Force hangar, features dozens of historic airplanes, space vehicles and interactive exhibits. After the tour we will have dinner in the Lowry area.

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

Assisted Living Activities



Piano Music While You Dine

**Tuesdays & Thursdays
4:30 pm Gathering Room**

Enjoy an hour of live music while you dine. Check the calendar each month for the dates!



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.



Wednesday, November 1 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, November 2
5:15 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 delicious cookies!

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

Assisted Living Activities

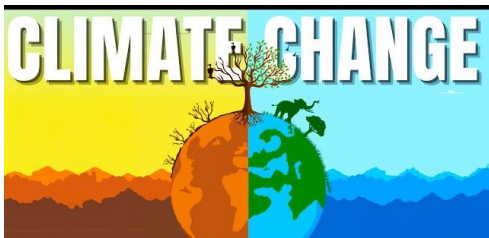


Monday, November 6

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.



Tuesday, November 7

Assisted Living Active Minds:

“Climate Change”

12:15 pm – Gathering Room

Scientists are predicting a global average temperature increase of 2.5 to 10 degrees over the next century. Likely impacts

include more droughts and heatwaves as well as stronger and more frequent hurricanes. Sea levels are predicted to rise 1-4 feet by 2100, submerging vast areas of land.

Join Active Minds as we examine the predictions and the politics given the US withdrawal from and reentry to the Paris climate accord.



Low Vision Newsletter

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, please contact Susan, Life Enrichment Coordinator at 720-382-7849. It will be delivered to you along with the regular newsletter near the end of each month.

Assisted Living Activities



Wednesday, November 8 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

Doris Beck
Tatiana Blyumkin
Dolores Cornier
Ina Curtis
Gloria Mendoza Gomez
Alireza Hassanin
Olga Ionikh
Colleen Johnson
Faith Katz
Vrej Keotunian
Valeri Kolesnikov
Iryna Konovalova

Marjorie Shenk
Lina Szpigiel
Lea Trager
Elizabeth Vest
Connie Waneka
Valentina Zagorskaya

South Building

Diane Devine
Sheldon Grolnick
Marina Luhminkaya
Almaz Reda

West Building

Chuck Abrams
Jim Bartusch
Daniele Blake
Morris Golden
Aida Hinkediker
Monteha Jamshidi
Ausma Kagan
Liubov Khorounjaia
Rosalind Lloyd



Thursday, November 9 12:15 pm – Gathering Room

The Jazz Cafe

After lunch be sure to stay to listen to Kavod's favorite Jazz Band! Join your friends and neighbors in the Gathering Room for a fun hour of jazz music.

Assisted Living Activities



Assisted Living Veterans Day Celebration Concert

**Thursday, November 9
5 pm – Gathering Room**

TWO Choices of programs to attend!

We are celebrating our Assisted Living Veterans with a special concert at 5 pm in the Gathering Room. ***OR,***

You can choose to go to the main dining room in the East building for a special presentation by the Boy Scouts, see below:

Alternate Special Event to celebrate Veterans Day:

**4 pm – 6 pm – Main Dining Room in
East Building**

Attention all Kavod Veterans!

We want to celebrate our Kavod Veterans with a special program and musical salute in the main dining room.

We will also display our Veterans service photos and stories on the 3rd floor bridge glass windows, so be sure to go and see those.

Veterans Celebration Schedule of Events in the Main Dining Room in the East Building:

**4 pm – *Welcome by Michael Klein,
President/CEO***

**4:05 pm – *Reading by Resident Marlene
Leddick, Holocaust Survivor***

**4:10 pm – *Rabbi Stephen Booth Nadav,
Kristalnacht, “Night of Broken Glass”***

4:15 pm – *Boy Scouts of America Color Guard*

We will honor our beloved veterans with the Boy Scouts of America providing a Color Guard presenting the American and Colorado flags.

**4:45 pm – *“The Andrew Sisters” – Salute to
Veterans***

***Thank you to ALL our Veterans for your
service!***

Assisted Living Activities



Mondays, November 6, 20 & 27
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!



Wednesday, November 15
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

JOIN US FOR
**Social
 HOUR**

Thursday, November 16
12:15 pm – Gathering Room

The Social Hour with Anna

The Social Hour is a new group led by your Care Coordinator, Anna. This is a chance to connect with each other, share stories, discuss topics of interest, and engage in other fun activities together. This group will be held in the Gathering Room after lunch, please join us for conversation, connection, and fun!

DENVER BOTANIC
GARDENS

Friday, November 17
12:15 pm – Gathering Room

Denver Botanic Gardens presents

Sensory Adventures at Kavod:

Seed Dispersal!

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 "Seed Dispersal!"**

Assisted Living Activities



Tuesday, November 21

12:15 pm – Gathering Room

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 this session once the pots are dried, we will finish them by adorning them with colorful paints.



Tuesday, November 28

Assisted Living Active Minds:

12:15 pm – Gathering Room

MUSIC TO BE THANKFUL FOR

The season allows us to show our appreciation for the many blessings we've received from friends and family. But how often do we include expressions of gratitude for bigger things? The wonders of Nature, for instance, or the joy we feel from listening to beautiful music. This Active Minds program will provide a chance to recognize and give thanks for those timeless melodies that composers

have created for us through the centuries. We'll listen to and learn about gorgeous music from long ago and not so long ago.



Wednesday, November 29

***NEW Good Vibes & Tunes with Rick**

12:15 pm – Gathering Room

Enjoy some good vibes and tunes with Rick Weingarten and his Vibraphone right after lunch! Rick is a Kavod favorite and has been coming to Kavod to entertain for many years.

General Classes & Events



Bingo!

Mondays

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

Tuesdays

6:30 pm – Shul Classroom

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.



Tuesdays

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, to see if there are opens spots or if you have any questions.***



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.

General Classes & Events



Bridge Players Club

1st and 3rd Tuesdays
10 am - 3rd Floor Bridge

Bridge on the Bridge! Have you ever wanted to play bridge? Watch seasoned bridge players and learn how it's played. They can teach you the in's and out's of bidding and how to play a game that never gets old.

"Bridge not only stimulates the brain, but research has shown that regular bridge playing improves reasoning skills and long- and short-term memory.

You'll feel the neurons firing not only while you play, but long after too!



Looking for Mahjong Players

Looking for experienced Mahjong players.

Also if there are enough residents interested in learning, let us know. Mahjong requires four players, and the goal of the game is similar to poker, to make matching sets and pairs. **Call Susan if you are interested in playing at 720-382-7849.**



Katie's Hand Crafts
2nd & 4th Wednesdays
2 pm - 3rd Floor Bridge

Each month moving forward, we will be doing a craft at the first session. We will be making a cloth/toilet paper pumpkin for the holidays. Come join anytime, even to just sit and visit. Supplies will be provided for craft or knitting. We meet from 2 pm – 4 pm.



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.

General Classes & Events



NO meetings in November Kavod Player's Readers Theatre

Kavod Player's Readers Theater will be on hold through the end of the year. Look for upcoming sessions in 2024.

Thanks to all the residents who performed in Harvey!



Wednesday, November 1 Fused Glass Art Workshops 1 pm – Pikes Peak

Join Artist Melissa Sweetser for a fun afternoon making fused glass art items.

****Please note: This class will be capped at 15 participants, no signup needed, walk-in, first come, first served basis.***

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!



Friday, November 3 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.



Monday, November 6 *2 pm – South Bldg, 5th floor, Common Area

Current Events

****Please note time change!*** Would you like to discuss things about world issues and/or news articles? We meet on the first Monday of each month on the 5th floor common area in the south building at 1 pm. Bring a topic of interest that we can discuss.

General Classes & Events



Mondays, November 6 & 20

Denver Public Library Bookmobile

**2:30 pm – 4 pm
Gathering Room**

We are excited to let you know that starting in November a Russian speaking library staffer will be available during the regularly scheduled visits!

The Bookmobile sets up for two hours at Kavod each month 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.



Drop In Tech Help!

Every 1st Tuesday of the Month

November 7

10 am – Noon

Mt. Evans (Changing to Mt. Blue Sky)

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.**



Low Vision Support Group

Kavod Low Vision Education & Peer Support Group

Please note! *NEW time, day & location!

**Wednesday, November 8
10 am – Gathering Room
(West Building, first floor)**

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

This month's topic will be **"Low Vision and the Holidays - Navigating family and events with low vision."**

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.

General Classes & Events



Special Event!



Celebrate French Culture and Cuisine

The French Connection!

**Friday, November 10
12 pm – Pikes Peak**

Thanks to the Murnick Family Foundation!

Join your friends and neighbors for some delicious small plates from **Petit Dejeuner** at 12 pm. **Then at 1 pm** we welcome Active Minds Founder John Henderson, who will do a special presentation on French culture, history and cuisine. You will have the opportunity to learn about a country and culture you might not have known about before, celebrating our differences as well as our similarities!

Don't miss this delicious French lunch and stimulating lecture!

Also enjoy some delicious desserts on the menu at dinner service in the main dining room this evening.

Everyone welcome!

The Joy of Writing Workshop

**Sundays, *November 12, 19 & 26
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!

***Also, be sure to join us on our trip on November 2nd, as our Kavod Authors Read Their Work! Look in the previous "TRIPS" section of this newsletter for information.**



**Art Show and Reception
Sunday, November 12
Dining Room
4 pm – 5 pm**

Join us to celebrate the creativity of the Resident and Regis Student Artists

Wine and Desserts Served!

General Classes & Events



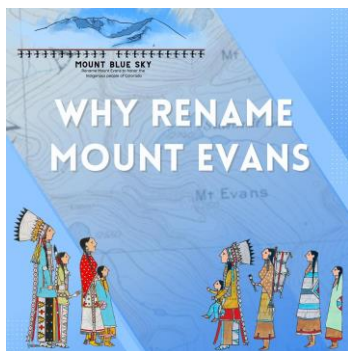
Getting The Best for the Rest of Your Time

The conversation continues

**Tuesday, November 14
1 pm – Shul Classroom**

The conversation continues in figuring out together how to have these next days be more of our best days – best ever! Having more of what we most want in our lives is both simple and easy. What would you like the next chapter in the book of your life to be titled?

Questions? Call Doug at 303-807-1903 or email at douglkrug@forunlearning.com



**Monday, November 13
2 pm – Mt. Evans
(Changing to Mt. Blue Sky)**

**Mount Blue Sky Renaming
and Room Dedication**



**To
Honor the Indigenous People of Colorado**

**Please join us for this important program
to rename our West building meeting
room Mt. Evans, to Mount Blue Sky.**

Learn the history behind the renaming of the Colorado fourteener, taking us from sorrow to celebration.

- **Welcome by Michael Klein**
- **Sandra Toineeta, Resident Speaker**
- **Rabbi Stephen Booth Nadav, Prayer**
- **Unveiling of new sign and name, Mount Blue Sky**

Refreshments will be served.



**Tuesday, November 14
10 am – Gathering Room**

Gratitude Sharing with Susan

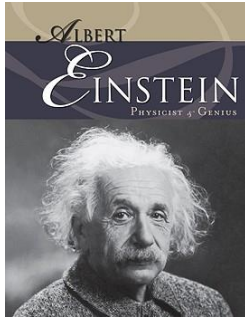
Gratitude makes for a positive attitude!

Listen to speakers share about happiness, and delve into a variety of tasks to explore gratitude in new ways.

We will discuss things we are grateful for, in addition to reading positive stories together.

You will also be invited to share your daily thoughts on gratitude with a **gratitude journal**, provided at no cost to you.

General Classes & Events



**Wednesday, November 15
1 pm - Pikes Peak Room**

Albert Einstein

**Join Active Minds as we trace the life
and impact of this great thinker.**



**Thursday, November 16
11 am – Dining Room
Volunteer Appreciation Party**

Howdy Pardner! We look forward to thanking all of our volunteers at Kavod and celebrating each of you!

This year's theme is **"Blazing New Trails"** so be sure to wear your country western outfits if you have them. **Enjoy a festive, delicious lunch with some wonderful Country Western entertainment by The Mandolin Ranch Band!**

All volunteers will receive a thank you gift!

Please RSVP to Genny if you are coming either by leaving a phone message at 720.382.7820 or by email ghale@kavodsenorlife.org

If you haven't received an invitation and are a volunteer at Kavod, please contact Genny Hale at 720-382-7820 with your name, apartment number, what you do as a volunteer, and she will put an invitation in your mailbox.

See ya there Pardner!

General Classes & Events



Scrapbooking Fun

Sunday, November 19

3 pm – Shul Classroom

Let's Get Scrappy! Scrapping our family history and your genealogy history. You do not need to be an expert! You can start any time. This is an opportunity to get that box of photos organized and displayed. This could be a gift you leave your family. We have acquired lots of new paper, stickers, and other supplies. Scrapbook not provided. (Do not buy until later).

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



Monday, November 20

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

*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: November 15

General Classes & Events



Tuesday, November 21
***2 pm – Shul Classroom**
The Brave Space (LGBTQ+)

****Please note new time!*** “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.



Resident's Book Review Group

Monday, November 27
***2 pm – South Building, 5th Floor**
Common Area

****Please note new time of 2 pm!***

Come to the Book Review Group to discuss a book you are reading and can discuss with the group. You will have a short time to discuss the book. It does not matter if you are half way through it, so, bring whatever book you are reading, past or present. We could all learn more about other books we might like

to read. It can be fiction, non- fiction, mysteries etc.



Challah Braiding Workshop with Luisa

Thursday, November 30
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!

!



Changes in H&W

Hannah will be leaving Kavod, October 20, and continuing her education. We wish Hannah the absolute best and look forward to the greatness she brings to the world. We are currently in the interview process for this position. Please continue to call 720.382.7855 to be added to upcoming clinics, grocery support, etc.

Maria Droste

Reminder we have two interns this school year; Scarlet and Erik. If you are interested in working with them, please contact your care coordinator! In addition, the MDCC Book Club is back in full swing, reading The Surrender Project, if interested they meet on Wednesdays at 2pm in Mount Blue Sky in the H&W Center.

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.

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 with 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!

Sundays, November 12th and 26th **NEW**
3pm — HWC/Pikes Peak
Strength Training for Seniors

Did you know strength training not only builds strength, but...

- Improves balance
- Helps you sleep better
- May help prevent dementia, other degenerative diseases and much more!

Join Schuyler, licensed personal trainer and Kavod volunteer, every 2nd and 4th Sunday, as he leads the group through all levels strength training.



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September Gifts

GENERAL

Robert & Samantha Baumgarten, In Memory of Nancy Livingston, z'll
Carole Kornreich
Charles & Ellen Kreiman, In Memory of Lily Lemberg, z'll
Leland Rudofsky
Daniel Sloane
Paula Ward
Seth Ward & Carol Ward, In Memory of Nancy Livingston, z'll

HEALTH & WELLNESS

Michael & Wendy Klein , In Memory of Nancy Livingston, z'll

GRANTS-HEALTH AND WELLNESS

Comprecare
Strear Family Foundation

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD SPONSORSHIP

Legacy Healthcare Services
Gaile Weisbly Waldinger, In Memory of Nancy Livingston, z'll

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD DONATIONS

Craig & Vicki Eskanos, In Honor of Lynn and Molly Zwerdinger

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD DONATIONS- IN KIND

Alan Boxer
Rick & Marcie Boxer
Flink Supply Co.

KAVOD ON THE ROAD

Renee Gross, In Memory of Sherwin Zimmerman
Eileen Naiman, In Honor of Shirley Yoelin

SHUL

Sandra Kolesnikova
Irina Pines, In Memory of family members, z'll

YIZKOR

Raymond Erickson