

September 2016

Active. Adult. Community.

Volume 14, Issue 9

## PRESIDENT'S PEN



Whitney,

Board

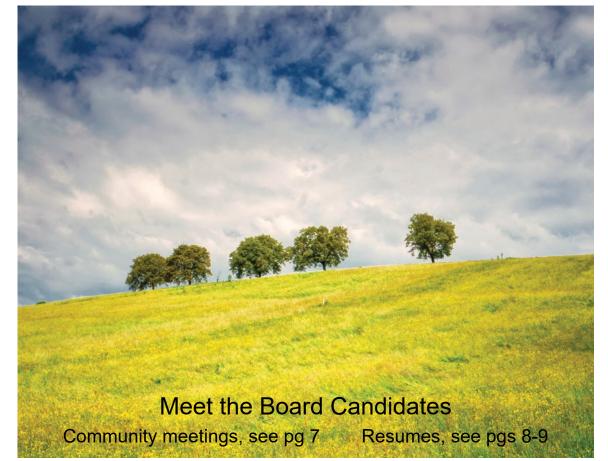
President

#### Sound Investments

From time to time the Windsor Gardens investment portfolio manager comes to report on the state of our capital reserves. Mitch's presence is an opportunity for finance committee members who are concerned about the complexity and volatility of the

stock markets to seek reassurance that our and their investments are safe from drastic changes. Having many years experience and the resources of a large investment firm with its own economists and analysts, he quietly dispels alarming reports with sound information, reminding us that financial markets are subject to the cycles of growth and entropy, health and decay, successes and failures, all occurring simultaneously. As he spoke I imagined an organism of millions of entrepreneurs, managers and employees, investors comprised of every nationality: geniuses, rogues, dreamers, visionaries, families striving for financial security, taking risks, recovering from failure, all trying to create value. The key to successful investing, Mitch said, is to look for healthy companies, find places where growth is occurring, where risk is low, and spread your investments to take advantage of the ebb and flow of the markets, which over time move in a positive direction.

The finance committee feels better after Mitch shows up. And it's not just about our HOA reserves. What we hear is good advice about life in general: don't be afraid, look at the big picture. Of course, disturbing stuff happens, but there is plenty of positive stuff too. There are real problems, and there are people who are working to solve them. Look for signs of life and growth and possibility. While there are no guarantees, continue to invest your time and talent where it is most likely to bear fruit.



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## WG INFORMATION HOTLINE 720-862-1564

Daily

**Association Contacts** 

Administration

303-364-7485

Office Hours 9 a.m. to 4:30 p.m.

**Community Administrator:** Patricia Frawley, email: pfrawley@wgamail.com

Administrative Assistant: Karen Arellano, email: karellano@wgamail.com

**Community Response** 

303-364-4924

**Activities** 

303-364-9141

**Golf Shop & Course** 

303-366-3133

**Facilities Maintenance** 

Painting

**Grounds Maintenance** 

**Board Members** 

Email: board@wgamail.com

**Building Represenative Zone Committee (BRZC)** 

Email: brzc@wgamail.com

**Association Offices Closed** 

for Holidays

September 5

January 2, 2017

November 24 and November 25

December 23 and December 26

Please use this email address to contact your Zone representative

Activities Director: Cynthia Courtney, email: c.courtney@wgamail.com

Admin. Assistant: Renee Jennings, email: rjennings@wgamail.com

General Manager: Tami Bonner, email: tbonner@wgamail.com

**Covenant Enforcement:** Chris Scovil, email: cscovil@wgamail.com

Accounting Manager: Debra Ford, email: dford@wgamail.com

Chief: Euell Santistevan, email: esantistevan@wgamail.com

Golf Pro: Doug Mallon, email: dmallon@wgamail.com

Supervisor: John Pacheco, email: jpacheco@wgamail.com

Supervisor: Dana Cusack, email: dana@wgamail.com

Ken Whitney

**Dick Gilmore** 

Tom Friesen

Lee Nicholson

David Ordway

**Michele Compton** 

Harlan (Hap) Hansen

President:

Vice Pres.:

Treasurer:

Secretary:

Asst. Treasurer:

Asst. Secretary

**Director-at-Large:** 

or the BRZC committee.

Labor Day

Christmas

New Year's

Thanksgiving

Manager: Bill Walsh, email: bwalsh@wgamail.com

Receptionists: Liz Nickel and Tina Patnode

Business Manager: Rebecca Zazueta, email: rzazueta@wgamail.com

Updated

## 2016 Board Officers & Committees

#### **STANDING COMMITTEES**

#### **Executive Committee**

• Ken Whitney President

Page 2

- Dick Gilmore, Vice President
- David Ordway, Treasurer
- Michele Compton, Secretary

## Building Representative

- Zone Committee (BRZC)
- Michele Compton, Co-Chair
- Donna Sanford, Co-Chair
- Zone 1 Carol Brooks
- Zone 2 Shay Elliot
- Zone 3 Jannie McCray
- Zone 4 John Hogue
- Zone 5 Phyllis Woodard
- Zone 6 Donna Helgren
- Zone 7 Linda Kluge

#### Auditing

- Michele Compton, Chair
- David Ordway, Board
- Harlan Hansen, Board
- Jeanne Lee, Resident
- Marilyn Tyler, Resident

#### Finance

- David Ordway, Chair
- Tom Friesen, Board
- Harlan Hansen, Board
- Carol Brooks, ResidentGeorgia Milstein, Resident
- Susan Montgomery, Resident

#### Long Range Planning

#### Dick Gilmore, Chair

- Michele Compton, Board
- Lee Nicholson, Board
- Helena Friedman, Resident
- Tom Leahy, Resident
- Susan Montgomery, Resident
- Keith Recore, Resident
- Gary Roll, Resident

#### **Public Relations/Marketing**

- Lee Nicholson, Chair
- Dick Gilmore, Board
- Harlan Hansen, Board
- Nancy Delhay, ResidentCam Kryzsko, Resident
- Marilyn Tyler, Resident
- Kathy Young, Resident

#### **OPERATIONAL COMMITTEES**

#### Activities

- Harlan Hansen, Chair
- Lee Nicholson, Board
- · Nancy Delhay, Resident
- Barbara Ellis, Resident
- Lesley Fuller, Resident
- Ted Lewis, Resident
- Jan Sheppard, Resident

#### **Architectural Review**

- Dick Gilmore, Chair
- Michele Compton, Board
- Lee Nicholson, Board
- Carl Bruckman, Resident
- Teresa Kraszewski, Resident
- Darla Lamb, Resident
- Janet Nelson, Resident
- Keith Recore, Resident

#### **Board Election**

- Lee Nicholson, Chair
- Donna Sanford, Resident

#### **Community Response**

- Tom Friesen, Chair
- David Ordway, Board
- Dave Compton, Resident
- Barbara Ellis, Resident
- Carol Hollomon, Resident
- Jeanne Lee, Resident

## Employee Relations/Safety

- Harlan Hansen, Chair
- Michele Compton, Board
- Barbara Ellis, Resident
- Carol Hollomon, Resident
- Donna Sanford, Resident

- Golf
  - Dick Gilmore, Chair
  - Lee Nicholson, Board
    Peggy Barnes, Women's Club President
  - Bill Lane, Men's Club President
  - Tom Friesen, Chair
  - Lee Nicholson, Board
  - Bobbie Mays, Resident

#### Policy/Grievance/Governing Docs/Rentals

- Tom Friesen, Chair
- David Ordway, Board
- Alice Barron, Resident
- B. Faye Duff, Resident
- Helena Friedman, Resident
- C.D. Rice, Jr., Resident
- Donna Sanford, Resident
- Jan Sheppard, Resident

• Ann Bridgewater, Resident

Mary Grace Wake, Resident

• Dick Gilmore, Board

Lanny Dick, Resident

• Ted Lewis, Resident

· Ken Whitney, Chair

· Cam Kryzsko, Resident

**Underground Garage** 

· Carl Bruckman, Resident

• Barbara Dey, Resident

• Jan Sheppard, Resident

Reuel Hunt, Resident Keith Recore, Resident

# RestaurantMichele Compton, Chair

## WG on the WEB www.windsorgardensdenver.org

# **Community Meetings**

**You Are Invited.** All residents are welcome to attend all community meetings, including board meetings, committee meetings and the building representative meetings. Let us know if you are planning on attending a meeting, so we can be sure and have plenty of seating and to confirm location, date and time. You can do this by calling the Association Office at 303-364-7485.

#### **Councilwoman Mary Beth Susman**

Where: CenterPoint West

September 8 10 a.m. to 12 p.m.

## **Board of Directors**

Where: Colorado Room

September 30 9:30 a.m.

## **BRC Meeting**

Where: CenterPoint

September 28 7 p.m.

#### Meet the Board Candidates

Where: Auditorium September 14 2 p.m.

September 28 7 p.m.

Where: CenterPoint

#### **Board Committees**

Location: Boardroom (unless noted otherwise). Dates and times are subject to change. Please call 303-364-7485 to confirm.

Activit	ies	Long Range	Planning
September 13	11 a.m.	September 16	11 a.m.
Audi	t	Polic	у
September 16	9:30 a.m.	September 21	9:30 a.m.
BRZ	2	Public Rel	ations
September 15	9:30 a.m.	September 12	10 a.m.
Finan	ce	Restaur	ant
September 16	10 a.m.	September 20	2 p.m.
Golf	:		
September 20	1 p.m.		

#### Windsor Life:

#### The News of Windsor Gardens

595 South Clinton StreetDenver, CO80247303-364-7485www.windsorgardensdenver.org

#### Windsor Life is distributed within the first seven days of each month.

Windsor Life is published by the Windsor Gardens Association Board of Directors for the benefit of Windsor Gardens residents and is dedicated to: fostering communication and collaboration among the residents, board of directors and staff; promoting Windsor Gardens numerous and diverse activities; and informing residents of community resources and issues.

The Windsor Gardens Association, its board of directors and employees and the Windsor Life staff are not responsible or liable for any of the services or products advertised in the Windsor Life publication, nor do we endorse any advertisement, product or service. The Association recommends that you thoroughly research any product or service and check references prior to hiring any individual or company.

Advertising: Karen Arellano, 303-364-7485, karellano@wgamail.com Editors: Tami Bonner and Lori Colvin, WindsorLife@wgamail.com

## In Remembrance

Courtney Collier, Building 60, died on August 17, 2016. Courtney, a retiree of the Air Force Finance Center, moved to WG in 1999, was active in Jazzercise, and was the Building 60 Rep for two years. She was active in Toastmasters, a volunteer and member of Faith Presbyterian Church. She is survived by her sister Vivian Easter, also Building 60, and family.

Building 52 lost two lovely ladies in August. Elizabeth Diublado on August 27, 2016, and Stephanie Lewis on August 16, 2016. Both will be greatly missed.

If you wish to share the passing of someone with the community, please submit the deceased's name, date of death, building number and any life memories you'd like to share to WindsorLife@wgamail.com or to the Association Office.

## Your Turn: Write a Letter

Letters submitted to Windsor Life are published at the discretion of the Windsor Gardens Association Board of Directors and the editors. Letters are subject to editing, including the length and grammar and are limited to 300 words in most cases. Letters containing obvious factual inaccuracies, unattributed facts and quotes or libelous statements will not be printed. All letters must include the writer's name, address and phone number for verification purposes. Letters submitted by mail or dropped off at the Association office also need a signature. The writer's name will be included with those letters that are published.

**E-mail to:** WindsorLife@wgamail.com. **Mail to:** Windsor Life, 595 S. Clinton St., Denver, CO 80247

#### Thank you, Dana and crew

I moved into the Windsor Gardens Community in late April. I have been so pleased with everything here (even OK with the assigned laundry times)! But I must say that I am extremely impressed with what Dana Cusack and his team have accomplished here. I had lived here a while before I actually took a complete walk around the grounds. Of course, I was totally impressed with the flowers in front of my building - especially since I did not have to purchase or actually plant them and to my surprise I did not miss doing that! Watching them grow and seeing the beautiful arrangements was sufficient. However when I did take that walk, I was amazed at the beauty around each building and area. Every building had its own unique shrub, bush and annual designs. No easy cookie cutter flower beds for Dana! Each area has what grows best for their conditions...the shady impatiens in the town home area are stunning and that area is so peaceful looking. Everywhere I turned I was delighted at the new colors, textures and thoughtful planning that made up each bed.

So I just want to acknowledge and thank them for the work they all do to make this an awesome looking place to call home!

#### Sandy Nelson

#### **The Fitness Center**

I was in the Fitness Center this morning and it was totally quiet. Soon I was the only one left in there. One man came in and worked out a few minutes – no interaction. Another woman came in and worked out a short period, used her phone, but no sound was heard, no interaction. I had music on my iPod. I felt like we were in a robotic situation! Has technology taken the place of social connections? This community was designed for senior citizens to avoid isolation – or maybe not. Of course, all of this is in regard to no TV sound.

# Snapshots

From General Manager Tami Bonner

## Do you see what I see?

I have made a practice of walking the property at least once per week, often several times per week. It helps me gain perspective. Perspective on several levels.

I often receive calls about very specific concerns. For instance, I will hear about weeds – weeds in very specific locations or weeds in general. I will hear "the place is covered with weeds this year." So I walk and I observe. Truth is, there are weeds. I see them every time I walk. I have walked the community with Dana Cusack, our Grounds Supervisor, and he sees them too. They frustrate. But, are they really the big picture? No. When I look up at the expanse of the grounds, I see amazing flower beds, beautiful perennials, hundreds of trees and great expanses of green grass. The grounds are lovely.

"Humans see what they want "to see." Rick Riordan, "The Lightning Thief" Yes, there are problems and we cannot ignore those problems. This year we planted literally thousands of flowers, perennials and trees. Have some of those plants died? Yes. More than we would have liked? Yes.

We are continuously looking at the products that are purchased and the processes we use to determine if there is a

better way. We must and will continue to strive to do a better job with every dime that is entrusted to us. Please continue to address your specific concerns to us. We want to hear them as they help us address very specific areas of need. But also, don't forget to look around to see the big picture. It will give you perspective.

# Who will you choose to act on your behalf?

We are quickly coming upon the election season here at Windsor Gardens. In this edition of Windsor Life, you get to meet our candidates for this year's Board of Directors election. There are 3 openings on the Board in 2017, and we have 6 candidates vying for your vote.

Community associations are a representative form of government founded on the principle of elected individuals representing the people. We vote for a person or persons who will act on our behalf. Some might advocate that a board should not take action without a vote of the association members to find out what the people want. If association members were to vote on every issue before a decision was made, it would be time-intensive and counter-productive. Our board members find out what their constituents want in other ways, including hearing from residents at monthly board meetings and committee meetings. It's up to you to attend meetings, voice your opinions and participate in the exchange of ideas with the board. We encourage your involvement and participation. Perhaps you would consider joining a committee. We want your input, your ideas, thoughts and opinions. And as the annual board election approaches, consider carefully which candidates for whom you will cast your vote.

# Keeping busy

With Fall right around the corner, many of our major capital projects will be wrapping up:

 Parking Lot 9 is well underway and on schedule for completion by September 15.

> $\Box$  To date, we have completed boiler replacements in Buildings 2, 5, 8, 9, 16, 17, 25 and 82. We are currently working on Building 22.

> □ We have received the report from Vector Corrosion Services regarding the underground garages. The next step in the analysis project will be to have Western Waterproofing come out and do some additional testing on specific areas. We are also in the process of planning a new drainage system for the 2017 budget that will address some of the drainage issues that were identified when the areas of turf were dug up, exposing the cap of the garages.

□ Re-piping of the heat lines is complete in Building 42.

□ e3Power has completed the field work on a lighting study and will be providing a report to the Long Range Planning Committee in September.

Other items of interest that have been completed in the past month:

□ HUD reviewed our second submittal package and issued an approval determination effective Friday, August 12. The Association is now FHA certified. This means that FHA loans and reverse

mortgages are now available to WG homebuyers and existing owners.

- □ Electrical boxes have been installed in the Fitness Center to accommodate new fans that are being placed around the room for better air circulation.
- Community Response officers update: Two new officers have been hired, Lon Garner and Spencer Sorensen. They are currently being trained.
- The total number of covenant enforcement complaints registered with the office for the month of July was 127, with 94 of them verified. The top three covenant enforcement issues were odors, parking and nuisance.
- The Covenant Enforcement and General Maintenance Departments together handle modification requests. In July, 33 requests for permits were submitted to the office. These modification requests were for everything from an air conditioner replacement to flooring with 8 of them requesting full remodels.
- Window washing will begin September 12 and finish September 26, weather permitting.

"Some people grumble that roses have thorns; I am grateful that thorns have roses."

Alphonse Karr, "A Tour Round My Garden"



# BOARD IN MOTION

At their August 26, 2016, meeting the Windsor Gardens Board of Directors approved the following motions:

- Architectural Review Committee motion to not allow seating under the canopies at buildings 615 S. Clinton Street and 705 S. Clinton Street.
- Architectural Review Committee motion to allow seating at the following buildings: 600 S. Clinton Street, 785 S. Alton Way, 765 S. Alton Way, 735 S. Alton Way, 740 S. Alton Way and 9320 E. Center Avenue.
- Architectural Review Committee motion to approve the revised guidelines for outdoor seating under 2-story building canopies:

# Revised Guidelines for Outdoor Seating under 2-Story Building Canopies

Requests for outdoor seating under 2-story building canopies will be considered for approval by the Architectural Review Committee (ARC) if the following criteria are met:

- 1. The 2-story building must have canopies that were originally constructed by the developer.
- 2. The seating cannot be adjacent to any window(s) or lanai(s), unless the nearby windows are recessed.
- 3. There must be adequate space for seating, as well as emergency ingress and egress. The ARC reserves the right to determine what adequate space is defined as on a case-by-case basis.
- 4. The building agrees to pay for the bench or chair that is approved for use by the Windsor Gardens Facilities Department and the ARC.

- Finance Committee motion to transfer \$225,983.53 to the capital reserve account.
- Finance Committee motion to transfer \$138,962.25 to the tax reserve account.
- Grievance Committee motion to assess a \$50 pet fine to a resident for a violation of the Pet Policy.
- Policy Committee motion to amend the Estate Sale Agreement form, item number 7, as follows, effective August 26, 2016:
  - 7. The seller is advised that any time the above rules and procedures are violated and not immediately corrected, the Community Response Officer on duty shall have the authority to stop such sales at his/her discretion. The building will be closed to public access and the Building Representative or Building Alternate will be so advised. If necessary, the Community Response Officer shall call the Denver Police Department to enforce this action.
- Policy Committee motion to publish in Windsor Life a proposed revision to the Outdoor Common Area Seating Policy, item number 8, for resident review (see "Proposed Policy Amendments" section below). The proposed changes will be voted on by the Board at their September 2016 meeting.
- Policy Committee motion to publish in Windsor Life a proposed revision to the Sales of Personal Property Policy, Estate Sale Agreement form, item number 6, for resident review (see "Proposed Policy Amendments" section below). The proposed changes will be voted on by the Board at their September 2016 meeting.
- Motion to return a proposed revision to the Lanais Policy, General Use section, to the Policy Committee for further discussion.



Per the Association's policy on adopting and amending policies, procedures and rules, the Board has the authority to adopt and amend those policies and procedures which govern the Association operation. Prior to adopting or amending any policy, the proposed policy content or amend ment(s) will be published in Windsor Life. Following publication such policies and procedures shall be adopted at an open Board meeting and documented in the minutes or in a formal resolution.

# **PROPOSED POLICY AMENDMENTS**

The below proposed changes to the Outdoor Common Area Seating Policy and the Sales of Personal Property Policy will be voted on by the Board of Directors at their September 2016 meeting. New language is shown in ALL CAPS; deleted language in striketype.

#### **Outdoor Common Area Policy**

The Policy Committee recommends that item number 8 of the Outdoor Common Area Seating Policy be amended as follows.

8. Benches, seating or seating areas may not be placed under the canopies of four-story buildings. The outdoor seating allowed at the two-story buildings will be decided by the Architectural Review Committee on a case by case basis. THE APPROVAL FOR BENCH SEATING MAY BE WITHDRAWN, AT ANY TIME, BY THE BOARD OF DIRECTORS IF THE SEATING CREATES ONGOING AND VERIFIED NUISANCE OR NOISE DISTURBANCES.

#### Sales of Personal Property Policy

The Policy Committee recommends that item number 6 of the Sales of Personal Property Policy be amended as follows.

6. The seller is advised that no signs shall be placed on Windsor Gardens property announcing the sale at any time. This includes Public Service poles that are on Windsor Gardens property. THE SELLER IS ADVISED THAT "TENT TYPE" SIGNS MAY BE PLACED ON WINDSOR GARDENS' PROPERTY ANNOUNCING THE ESTATE SALE ON SATURDAY & SUNDAY ONLY. THESE SIGNS MUST BE REMOVED BY SELLERS THE SAME DAY. NO PROBE SIGNS ARE ALLOWED ON THE PROPERTY AND NO SIGN, POSTER, BILLBOARD, ADVERTISING DEVICE OR DISPLAY OF ANY KIND SHALL BE ERECTED OR MAINTAINED ANYWHERE ON A UNIT, THE GROUNDS OR COMMON ELEMENTS, OR THE EXTERIOR OF A BUILDING.

# Windsor Gardens is Now FHA Certified

The Windsor Gardens Association is now FHA certified. HUD issued an approval determination on Friday, August 12. This means that FHA loans and reverse mortgages are now available to Windsor Gardens homebuyers and existing owners.

## **LETTERS** continued from page 3

I must address how important hearing is to all people, especially seniors. It's been determined that hearing loss that is not corrected can lead to dementia. (Check with the medical community on this.) No TV sound may not seem to be related to the above issue. Another issue is the importance of socializing in a senior community. Check with the Alzheimer's profession on how important it is to us to keep all

five senses active. Additionally, we need physical, emotional, mental, and psychological activity in order to slow the process of aging. A totally quiet environment while working out does not contribute to our well-being. One more issue: people with tinnitus are advised to avoid a totally quiet environment.

Paint work orders were completed in Buildings: 13, 23, 28, 36, 50,

Paint and repair work was completed in the Sewing Room in

Vinnie Montgomery

Tree trimming

52, 58, 78 and 84.

□ Lanais were painted in Building 58.

□ Soffit repairs were done on Building 6.

Rails were painted in Building 14.

CenterPoint.

## **SNAPSHOTS** continued from page 4

 $\square$ 

BBB

- We had a failure of the main water line that runs between Buildings 36 and 38. The line was excavated by our Grounds Department and repaired by A-1 Plumbing.
- □ We had a main sewer line backup in Building 13 and Building 54.
- □ A sewer line break under Townhome 72 required extensive repairs including removal of a portion of a concrete wall in the boiler room and tunneling under a unit to make repairs.
- □ The Grounds Department worked on routine grounds maintenance and completion of work orders (including issues with snakes, shrubs and sprinklers) as well as the following in August:
  - Planting of 8 new trees

**Non-Medical Services Include:** 

Assistance with personal careLight housekeeping and laundry

Transportation and errandsMeal planning and preparation

- Planting of shrubs and perennials around Buildings 12-64

HOME CARE

OUALITY COMPANION CARE SINC

- Landscape projects at Buildings 44, 48, 64 and Parking Lot 8



- Weed spraying of drip pans and mulch beds

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# **2016 Board Election Schedule**

**September 14, 2 p.m.** Meet the Candidates moderated session for speeches and audience questions in the Auditorium. Door prizes and refreshments provided.

**September 26.** Association begins mailing of ballots to non-resident owners.

**September 28.** Association begins mailing of ballots to resident owners.

**September 28, 7 p.m.** Candidates speak at BRC meeting CenterPoint. Door prizes and refreshments provided.

**October 3 through October 14. VOTING PERIOD:** Ballots may be mailed to or dropped off at the Association office during business hours, 9 a.m. to 4:30 p.m. weekdays, from October 3 through October 13, and 9 a.m. to 3 p.m. on October 14. <u>Ballots must be returned to the Association office by 3 p.m. on October 14.</u>

October 14, 7:30 a.m. Ballot counting begins in Association office.

**October 14, 4:30 p.m.** Board will meet at 4:30 p.m. to certify the results of the election. Immediately following certification of the results, the Election Committee will notify all candidates of the results and a signed copy of the results will be posted at the Community Center.

# Channel 12's Emmy Award-winning Dominic Dezzutti to Moderate "Meet the Candidates" at Windsor Gardens

We are happy to announce that Emmy Award-winning Dominic Dezzutti, Vice President of Content for Colorado Public Television 12, will moderate two "Meet the Candidates" community meetings with the 2016 Windsor Gardens Board of Directors candidates. Dominic hosts and produces "Colorado Inside Out" and when it is election season time, he hosts and produces "Colorado Decides," the longtime election debate series.

The community is invited to "Meet the Candidates" on Wednesday, September 14, at 2 p.m. in the Auditorium. Refreshments will be served. Candidates will also participate in a second moderated session at the Building Representatives Committee meeting on Wednesday, September 28, at 7 p.m. in CenterPoint. All residents are invited to attend.

We have six candidates running for three openings on the 2017 Board of Directors. In alphabetic order they are: B.J. Barnes, Renata Behrens, Harlan "Hap" Hansen, Reuel Hunt, Tom Leahy and Joe Soss. Each of the board candidates was asked to provide their resume along with their candidate petition. Their narrative responses are published as submitted on pages 8 and 9.

# **2016 General Election**

Source: Denver Elections Division

#### **Dates to Remember**

- October 17 22-day Colorado residency deadline
- October 17 Mail ballots will be mailed out this week
- **October 17** 24-hour ballot drop-off boxes open to receive mail ballots
- October 24 Phase 1 Voter Service and Polling Centers (VSPCs) open, Oct. 24 through Election Day
- November 5 Phase 2 VSPCs open, Nov. 5 through Election Day
- **November 7** Phase 3 VSPCs open, Nov. 7 through Election Day; Windsor Gardens is a Phase 3 VSPC
- **November 8** General Election (open at 7 a.m. and close at 7 p.m.)

November 8 24-hour ballot drop-off boxes close at 7 p.m.

Source: Colorado Secretary of State website

## **Voter Registration FAQs**

#### Who is eligible to vote in Colorado?

You are eligible to vote if you:

- will be 18 years of age or older at the time of the next election,
- are a United States citizen,
- have resided in Colorado 22 days immediately before the election at which you intend to vote,
- are not serving a sentence of confinement, detention, or parole for a felony conviction.

VOTER REGISTRATION FAQs continued on page 10

# **Political Activities at Windsor Gardens**

The Windsor Gardens community has a proud tradition of participation in civic life in Denver, particularly with regard to voting and being informed about public issues. As we move toward the general election in November, please keep our community rules for political activities in mind.

#### **Political Signs**

Residents are permitted to place one political window sign per candidate or ballot issue, no larger than 36" by 48", no more than 45 days before the day of an election and no more than seven days after the election.

#### **Political Literature**

Residents are permitted to distribute political literature to other residents in their buildings.

Outside political groups are permitted to leave literature in the public entrance lobbies of WG residential buildings where such access is available to the general public. However, political parties are not permitted access to or entry into residential buildings to distribute political material door to door. A political party is defined as a permanent political group organized to promote and support its principles and candidates for public office.

Posters, flyers or related material promoting the candidacy of anyone seeking public office, or promoting a specific ballot proposal or amendment may not be posted in any area of the Community Center, Auditorium or other common rooms. However, this prohibition does not apply to announcements of WG political clubs' meetings.

#### **Candidate Campaigning**

Candidates for public office will be discouraged from passing out literature and soliciting votes in WG common areas, except within meeting rooms that have been reserved for specific events such as meetings of WG political clubs or meetings of other Windsor Gardens groups that invite candidates to speak or debate.

The complete Windsor Gardens Political Activities policy is available online at the Association website in the Resource Center and in the Association office.

# **Board of Directors Election**



## **B.J. Barnes**

I am a candidate for the Windsor Gardens Board of Directors. I have been a resident of Building 6 for nine months. During that time, I have attended various committee meetings and a Board meeting in order to familiarize myself with my new environment. My goal is not necessarily to create change but rather, to offer a perspective seen with fresh eyes.

I am a native Denverite. I attended Wyman, Morey & Smiley, and graduated from East High School. After graduation, I attended the University of Colorado-Boulder. I graduated from Loretto Heights College with a Bachelor of Science in Nursing. My graduate education in Community Health Nursing was at the University of Colorado School of Nursing.

My first career was that of a wife and a mother. I was a stay-at-home mom for twelve years. When my youngest child entered school, I entered the labor force as a Charge Nurse for the cardiac unit at Denver Presbyterian Hospital on the 11pm - 7 am shift. This shift allowed me to continue to participate in my children's school activities. Subsequently, I became a part of the nursing faculty at Front Range Community College. I am most proud of writing the cultural content of our nursing curriculum.

After I sustained a work-related injury, I embarked on a career that allowed me to demonstrate and utilize my creative side. I opened a custom frame shop and art gallery as the sole owner/operator. My gallery represented four local artists. In

**B.J. Barnes** continued on page 11





## **Renata Behrens**

Born and raised in Germany, I finished grade 10 and graduated professional school that prepared me for a career as a secretary.

I worked as a secretary, clerk, stewardess (ship), cleaning lady, courier, health advisor and healer, chef, in real estate and in property management.

Late in my life I attended a night school = college and graduated with grade 13 in economics enabling me to attend the University of Hamburg, my topics: Political Science, English, American and Canadian Studies.

In 2007 I came to Colorado as a mail order bride, fell in love and married in Aurora 2008. HE was more dead than alive, however I could heal HIS cancers and improved HIS health significantly, but I was treated badly and found myself trapped in a very bad and toxic marriage with surveillance cameras, and I was kept totally isolated and always controlled as a slave, domestic servant, forced laborer 24/7, prisoner, could not get to know my new country/neighbors/friends or even read a book, I was even threatened with a weapon.

I found too late, that there was an agreement between HIM and HIS adopted daughter: She would never take care of HIM, HE should get a German workhorse like the first wife. That was me!!!!

Too late I found out, that HE had already stolen my money in Germany, my lifelong







# Harlan "Hap" Hansen

I am a retired business executive. My last corporate assignment pre-retirement was as a Vice President and General Manager of the Rocky Mountain Natural Gas Company with headquarters in Glenwood Springs, Colorado. I spent 30 years as an employee and/or consultant to the natural gas industry. I am a United States Army veteran.

I was married for 57 years to Carolyn, who died on February 14, 2014, from complications of Alzheimer's Disease. Carolyn and I have three children and seven grandchildren.

In early retirement, I was Publisher and Editor of the Battlement Mesa Sun, a monthly newspaper. I was also President of KMBP-FM, a low power radio station in Battlement Mesa that I helped establish. I served for two years as Chairman of Garfield County Energy Advisory Board of the Garfield County Commissioners.

I have written and published two books: 'The GASTREND Conspiracy', a novel about the natural gas industry and 'The Political Outsider', a novel about a future election to the United States' Senate.

In Windsor Gardens, I am a member of the HOA Board of Directors; the Optimist Club Board of Directors; the Writers Group; the Ladies and Gentleman's Club; and I do some communications work for the Alzheimer's Association.

I am interested in community service and have the time, ability and tolerance to serve as a continuing member of the Windsor Gardens Homeowner's Association Board of Directors.



# **Meet the Candidates**



**Reuel Hunt** 

The oldest of 12 children and growing up on a dairy farm in Oklahoma, I graduated from college with a BS degree in Accounting, minor in Math and Economics. I started working in 1970 in Tulsa for Standard Oil (Amoco – now BP) for 22 years as an Accountant, progressing up the ladder to Sr. Management, retiring in 1992. Since then I have founded 3 successful companies and a non-profit, Coaching Kids, Inc. – 2001 to present. I became a Life Coach (Business/ Executive Coach) in 1996 to Present.

Reuel, Jr and Jamie are my son and daughter, and Jaycie and Charlie, ages 8 and 10, are my two granddaughters.

I moved here 4 years ago, have been in a play – The Matchmaker, am on the Underground Garage Sub-Committee, and attend all the committee meetings, and Board meetings I can.

I love bridge – play 4-5 times a week, and love riding my motor cycle – short safe distances.

I only have one agenda – to serve, I know that whatever will come up over the next three years, we don't know about now.

My background, education, and work experience well qualify me for the board.



Tom Leahy

Let me introduce myself, my name is Tom Leahy and I am running for the Board of Directors. My wife's name is Marica and we have been married for 29 years. We decided to move to Windsor Gardens after my wife's mother moved here. We purchased our townhome in July 2011.

I was born and raised in Kenmore, New York, and graduated from high school in 1975. I also worked for Acme Markets while attending high school. After graduation, I attended Airco Technical Institute to learn the welding trade. Afterwards, I was employed by WSF Ind. in Tonawanda, New York, as a high pressure x-ray welder. Having worked in the construction field for different construction companies, I gained experience from building highway bridges to laying eight-foot storm drains. In 1982 I relocated to Oklahoma. started a new career with Western Electric / AT&T / Lucent Technologies, and retired as a Master Tradesmen. Yes, they were the same company. While working, I went to Sooner College of Technologies in Oklahoma for Heating, Ventilation, Gas Piping and Air Conditioning (HVAC), and received my Mechanical Contractors License from the state of Oklahoma. Then had a small heat and air business.

Tom Leahy continued on page 11



Joe Soss

My name is Joe Soss. Most of you know me and my sidekick, Mildred, my English bulldog. I believe in the KISS principle... which is to always keep things simple and short, so here is the condensed version.

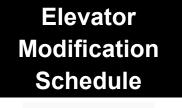
As a Denver and Colorado native who earned a degree in accounting, I worked in the metro Denver area until retirement. During my career, I have worked in several positions from tutoring to chief accounting officer. My last position until I retired, I audited national and multi-national corporations around the country. Specific career skills I developed included accounting, budgeting, lease/buy decisions, repair/replace situations, cash flow accounting, and all aspects of running a business.

I have been actively involved in the communities I have resided in throughout my life. Some of those activities included social ministry committees, finance committees and various other organizations. One of the projects I undertook when I first retired was to use my time and skills to help a local Catholic Church regain financial stability.

I am currently the elected president of the Windsor Gardens Garden Club and am volunteering at Machebeuf Catholic High School.

**Joe Soss** continued on page 11







**Building 42:** Elevator will be completely out of service beginning Thursday, September 8, 8 a.m., through Thursday, September 22, 5 p.m. due to a complete elevator modernization.

**Building 80:** Elevator will be completely out of service beginning Thursday, September 29, 8 a.m., through Thursday, October 13, 5 p.m. due to a complete elevator modernization.

Please note the following:

- If a medical emergency arises, call 911 first.
- If you need <u>assistance walking up or down the stairs only</u>, you may call Community Response at 303-364-4924. Please do not feel that you are being a burden; we are here to help you.
- For your convenience we will have chairs placed on every stairwell landing. We don't want people over extending themselves or possibly causing an injury.

If you have suggestions, concerns or questions, please call the Association office at 303-364-7485.

Window Washing	Monday, September 12 Buildings 68,78,80,82,84	Friday, September 16 Buildings 40,42,44,46,48	Thursday, September 22 Buildings 12,14,18,20,27
Schedule	Tuesday, September 13	Monday, September 19	Friday, September 23
	Buildings 58,60,62,64,66	Buildings 36,45,47,49,51	Buildings 4,6,10,70,72,74,76
	Wednesday, September 14	Tuesday, September 20	Monday, September 26
	Buildings 55,57,61,63,65	Buildings 37,38,39,41,43	Buildings 3,5,7,9,11,17,19,23,29
	Thursday, September 15	Wednesday, September 21	Tuesday, September 27
	Buildings 50,52,53,54,56	Buildings 26,28,30,32,34	1,2,8,13,15,16,21,22,24,25,59

King Kong Building Services, Inc. will wash the outside building windows again this year. This window cleaning schedule is subject to change due to inclement weather. If a day is lost due to weather, advance the schedule by the working days lost (don't include weekend days).

## VOTER REGISTRATION FAQs continued from page 7

#### When is the last day to register to vote before an election?

Colorado law allows you to register to vote through Election Day. But please note that how you register to vote matters.

If you register to vote by mail or online through www.govotecolorado. com at least 8 days before an election conducted by your county clerk and recorder, the clerk will automatically mail you a ballot.

If you register after the 8th day before an election conducted by your county clerk and recorder, you must visit one of the Voter Service and Polling Centers in your county to get a ballot.

If you register to vote through a voter registration drive, your application must be submitted no later than 22 days before an election.

You may register to vote by appearing in-person at a voter service and polling center through Election Day.

#### How do I register to vote?

#### Online or Remote:

Registering to vote is free and easy. If you have a Colorado State driver's license or ID card issued by the Department of Revenue you may register to vote online at www.govotecolorado.com. If you are already a registered voter in Colorado you may confirm your registration at this website. Once your registration is verified, you can use your driver's license number to update your address and party affiliation online as well.

Printable voter registration forms are also available on the Secretary of State's web site. You can obtain a paper voter registration form at your county clerk's office. You may mail, fax, or scan and email your complete and signed form to your county clerk's office.

#### Physical Offices:

Voter registration is also offered at:

• A Colorado Department of Motor Vehicle office when you apply for a driver's license, or update your driver's license information.

- All offices that provide public assistance, including offices that provide state funded programs primarily engaged in providing services to persons with disabilities.
- Recruitment offices of the armed forces of the United States.
- Any federal, state local government, or nongovernment office that chooses to provide voter registration service or applications. A voter service and polling center.

#### If I am already registered to vote, do I need to register before each election?

If you have already registered to vote, you do not need to register again. But if you moved, you must update your voter registration with your new residence. Colorado electors may update their voter registration records, including address information, online at www. govotecolorado.com.

#### How do I change my residence?

If you have a Colorado driver's license or ID card issued by the Department of Revenue, you may update your address online at www. govotecolorado.com. In addition, you may complete and submit a letter or voter registration form to your county clerk and recorder, either by mail, fax, email or in person. You may also appear in-person at a voter service and polling center and update or change your address

immediately prior to or on Election Day. For more information, please contact your County Election Office.



# **Meet the Candidates**

#### **B.J. Barnes** continued from page 8

this role, I marketed both art and artist. As a member of Colorado PTSA and a local PTSA, I created a Spring Fling, an exhibition that professionally showcased student art. Also, I coordinated art in residencies for an Aurora middle school. The purpose was to demonstrate to students a non-traditional career path.

With my youngest child in college, I moved both my clinical practice and my art business to Washington, DC. I was the community liaison for a home health agency and my office was based in Howard University Hospital. After the position was eliminated, I became a Case Manager for DC Healthy Start – a program for at risk pregnant mothers to ensure healthy babies. I was able to utilize this experience when I joined the nursing faculty at the University of the District of Columbia.

I was able to follow my dream to live in New York after being recruited by a social service

#### **Renata Behrens** continued from page 8

savings, had changed the title of our house (no survivorship anymore) and HE signed a power of attorney in favor of HIS daughter, despite me being HIS wife. Many people were often in our house, like probate lawyers and the daughter's family...etc. I did not exist anymore, filed for divorce, HE got the house, because HE was wealthy, I got the

## Tom Leahy continued from page 9

In 2006 I became a member of the Shriners in Oklahoma City, and during that time I drove tens of thousands of miles transporting hospital patients from Oklahoma City to the Shrine Hospital for Children in Shreveport Louisiana, Galveston and Houston Texas.

I also volunteered for The Prevention of Blindness of Oklahoma performing eye

#### Joe Soss continued from page 9

However, what I am most proud of are my two sons. My oldest, Stephen, is currently working for IBM in New York City. This year he will be graduating with highest honors, with a Master's Degree in Finance from the University of Southern California. He is getting married in early September. My youngest son, Christian, since returning from World Youth Day in Poland, is pursuing post graduate studies at the University of Notre Dame. Christian had been working for the top accounting firm in Los Angeles, after graduating with highest honors from Regis with a Masters in Accounting.

Windsor Gardens has been my home for four years and I enjoy living here. I would like to be more involved in the decision making process of my home and community. I believe that as a elected board member my experience will prove to be a great resource for our community.

agency dedicated to family preservation. My position was an expanded role of the nurse – a role which required social work skills.

I became ill in New York and returned to Denver for treatment. Following surgery and recuperation, I was employed by Denver Public Schools as a School Nurse. As a bi-lingual person of color, I moved into the classroom to teach Science to high school students for whom English was not a first language.

After retirement, I enjoyed traveling and spending time with my grands and greats and the huge extended family we have become. Because I have been committed to public service since the age of twelve, I welcomed the opportunity to have more time to serve my community, my church, and, of course my grands and greats.

As a child, I was a Girl Scout. As an adult I was a Service Team Leader for nine troops (a volunteer position). I chaired

street, however I was able to manage out of homelessness. Blessed by the court, and with the help of HIS liar for criminal law, HE and HIS daughter robbed me off of everything I ever owned before our short marriage and brought over from Europe.

I am happy and free now, should use my energy and new life for myself, however,

exams for students in the Oklahoma City

I am presently serving on the Long Range

Planning Committee, Member at Large

for the Garden Club, and I am the current

Windsor Gardens is going to be 55 years

old in 2017, which presents many future

Building Rep for the townhomes.

School district.

Race for the Cure participation for 100+ member organization for nine years. I have volunteered at a local theater to nourish my creative interests.

For me, it is important to serve my church community as well as the larger community. I have served as Parish Council President (twice); Chair, Liturgy Committee. I created an annual event that continues to be a major parish activity twenty years later. I am a Eucharistic Minister and a Lector.

I enjoy living in Windsor Gardens. I believe my skill set of strong communication skills; the ability to interface with people of varied backgrounds and ethnicities; critical thinking; and creativity will enhance the Board of Directors. I would very much like to join the current Board of Directors in continuing to maintain Windsor Gardens as a senior community with an excellent quality of life.

when I myself experience a case of elderly abuse and knew about several cases of discrimination, I decided to become a candidate for the Board of Directors again in order to increase respect and dignity in the treatment of us, the WG residents, and improve the quality of our lives.

maintenance challenges. Garages have been rebuilt, 7-10 boilers a year are being replaced, and there will be other major projects in the future. I would like to see Windsor Gardens continue moving in the right direction, keeping our retirement community as the most desirable place to live in Denver.



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# Thursday, September 15th • 4:00pm – 6:00pm Wednesday, September 21st • 4:00pm – 6:00pm Saturday, September 24th • 1:30pm – 3:30pm

We cordially invite you to stop by our brand new neighborhood during our open house events and see how we do memory care differently. Meet our Nayas, specially trained and certified dementia care practitioners who gently guide residents through each day. While you're here, get a taste of how we're restoring joy to dining for the whole family with Thrive Dining<sup>™</sup>.

To attend any or all of these events, please RSVP to 1-303-951-4412 at least three days prior.

# HARVARD SQUARE 10200 East Harvard Avenue • Denver, CO 80231 1-303-951-4412 • www.watermarkcommunities.com M A WATERMARK RETIREMENT COMMUNITY

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# Fight Fraud—Shred Instead! Saturday, September 24

AARP Foundation ElderWatch is proud to announce our annual, free community shred day in an effort to stop identity theft. You will be able to drop off your unneeded personal and financial information for shredding, right here in Windsor Gardens on Saturday, September 24, from 9 a.m. to 12 p.m. in the Community Response Parking Lot.

In an effort to serve as many consumers as possible, you may only bring up to three copy-paper file boxes or one large trash bag. Due to the support of Shred-it and our volunteers, there is no charge for this service. However, we request that participants bring nonperishable food items to be donated to a local food pantry.

# Technology Tutoring, September 12, 19 and 26 and October 3 and 10

Join us in welcoming back Ethan, our tech guy from Cherry Creek Academy. He's back to do one-on-one technology tutoring for our residents. Ethan can assist you with Facebook, email, Skype, Google Hangouts, iPhones and Android phones, tablets, basic computer skills, signing up for a website or service or provide you help if your computer is not working correctly.

Ethan will be here on Monday, September 12; Monday, September 19; Monday, September 26; Monday, October 3; and Monday, October

10 from 3:30 p.m. to 5:30 p.m. Please sign up for an appointment at the Activities Desk.

The Cherry Creek Academy on Dayton and Mississippi encourages their students to do community outreach, and Ethan has chosen to serve Windsor Gardens as his outreach. Please keep your appointments.

# Flu Shot Clinic, October 11

Get your flu shot on Tuesday, October 11, from 1 p.m. to 2:30 p.m. in the Auditorium with the Visiting Nurses Association (VNA). This year the shots are \$30 for the four-strain variety. VNA will accept Medicare Part B, Humana, Rocky Mountain PPO and HMO, Signa, Great West and Aetna. Please remember to bring your Medicare I.D. and your supplemental insurance card.

# Medicare Monday, October 17

Enrolling in Medicare and keeping up with the changing policies and guidelines can seem overwhelming. To learn more and receive guidance through the process, join the Colorado Gerontological Society on Monday, October 17, 2016, at 9:30 a.m. in the Auditorium for an informative Medicare Monday workshop to learn about changes to Medicare for 2016. Sign up at the Activities Desk.

The Medicare Monday program includes information on the changes, updates and requirements for Medicare Parts A, B, C and D. Learn how these changes may affect you and your health care in the coming year.Advantage Plans.

# **Research Study for Men 50-75 Years Old:** Cardiovascular Outcomes of Low Testosterone

In some men as they get older, testosterone levels fall below the normal range as that seen in young men. Also, as men get older cardiovascular health can deteriorate which can lead to high blood pressure and heart disease. In this research study, "Cardiovascular consequences of hypogonadism in men", we want to find out what causes cardiovascular health to deteriorate in older men and whether older men who have low testosterone have worse cardiovascular health than men with normal testosterone.

Additionally, we want to find out what happens to cardiovascular health when testosterone levels are lowered for a short time in men who have normal testosterone levels. Specifically, we want to see if the decline in cardiovascular health in older men with low testosterone

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7	6	4	9	1	3	8	2	5	40 plus years combined experience • Home visits available

levels is because of damage to mitochondria, which are the main energy source of the cells in our body.

The results from this research study will help us to understand why cardiovascular health declines in older men with low testosterone levels compared to younger men and older men who have higher testosterone levels, so that we can develop appropriate strategies and treatments to maintain cardiovascular health in men as they age. Knowing this information will help to develop therapies to prevent heart disease in men.

Men 50 to 75 years old in good general health with no history of cancer, diabetes, heart disease and not currently taking medications to treat high blood pressure, cholesterol or taking testosterone therapy may be eligible to participate. The main procedures of this research study are a physician supervised exercise stress test, ultrasound of the blood vessels and heart, blood cholesterol profile, dietary analyses, measurements of bone density and body composition. The participation time commitment is 2 to 3 months and all study procedures will take place at the CU Anschutz Medical Campus in Aurora. If interested in learning more about participating, please contact Sue at 303 724-2253 or email cardiovolt.study@ucdenver.edu.

This research study has been approved by the Colorado Multiple Institutional Review Board and is funded by the National Institutes of Health. Principal Investigator: Kerrie Moreau, PhD.

# **Responsibility for Repairs at Windsor Gardens**

	2-story / 4-story	2-story / 4-story	Town Homes		
ITEM NEEDING REPAIR	WGA	OWNER	WGA	OWNER	
Air Conditioners		X		X	
Bathroom Vents		X		X	
Building Common Area problems	X		X		
Carpet on balcony or lanai		X		X	
Damage caused by ground water or ground surface water*	*	*	*	*	
Drywall cracks within unit (interior walls)		X		X	
Electrical fuse boxes/breaker boxes in apartments		X		X	
Electrical wiring in apartments		X		X	
Elevators and related equipment	Х		N/A	N/A	
Entry door locks, knobs and handles for apartment doors		X		X	
Flat concrete work, sidewalks, steps, landings, patios, etc.	X		X		
Garage doors / (normal repair)	Х		X		
Garage door openers/operators		X		X	
Hard - wired smoke alarms	X		X	X	
Heat problems (thermostat, zone valves, etc.) & heat run leaks	X		X		
Heat problems & heat run leaks: townhomes with wall-mounted evaporative cooler or roof top cooling and heating systems				X	
Intercoms and related equipment	X		N/A	N/A	
Lanai Enclosure and shade repair or replacement **		X	N/A	N/A	
Lanai wall areas not enclosed	X		X		
Light switches/fixtures/bulbs/outlets in common area/grounds	X		X		
Light switches/fixtures/bulbs/outlets in units		X		X	
Lock problems on unit, storage locker doors and mailboxes		X		X	
Mail Boxes		X		X	
Painting within unit (not from uninsurable cause)		X		X	
Painting - Outdoor (general)	X		X		
Plumbing fixtures in units		X		X	
Repair/replace wallpaper (not from insurable cause)		X		X	
Screens **	X		X		
Sink backups-problem within unit perimeter		X		X	
Sink backups-problem in main lines in wall/under floors	X		X		
Storage lockers in garages		X		X	
Structural repair of entry doors common areas	X		N/A	N/A	
TV antenna system for building	X		X		
Telephone wire maintenance within unit		X		X	
Toilet or shower/tub backup-not caused by common drains		X		X	
Window broken from inside or inside damage		X		X	

\*Responsibility will be assigned by WGA after problem is identified and corrected if urgent.

\*\*Homeowner's or WGA insurance coverage may pay part or all of accidental damage due to burst pipes, hail, wind or fire. Report such losses promptly.

# **DOWN TO EARTH**

From Dana Cusack, Grounds Maintenance Supervisor



# **Soil Matters**

Right beneath our feet lies a diverse, complex, life-giving ecosystem that helps sustain our entire existence: soil.

Did you know that there are more living organisms in a single teaspoon of soil than there are people on the planet? Soil is alive, and as a serious "soil nerd" I think it is important to talk about soil health instead of soil quality because living things need health.

Composting or topdressing and aeration are good methods to help the soil stay healthy. Winter months are ideal for composting because it allows the mixture some time to break down. Winter composting has proven to create a homogenous soil mixture ripe with microbial activity.

Healthy soils have a greater water-holding and nutrient-cycling capacity – during heavy rainfall a healthy soil will help keep water and nutrients in the soil where it belongs and in drought conditions it will help sustain plant life and production.

Soil and water are Mother Nature's dynamic duo for sure. They create and sustain life. As the stewards of this planet, we should strive to conserve and protect both of these life-giving natural resources.



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# **MAINTENANCE MATTERS**

From Bill Walsh, Facilities Maintenance Manager

# What's Working?

Typically in this column we look at items that we are having problems with. This month I would like to talk about a few items that are proving to be successful.

## **Carpet in the Center Stairwells**

The first item is the carpet that has been installed on the center stairwell in many of the 4-story buildings. The old stair treads became obsolete years ago and the only way we could purchase them was by custom order. The replacement stair treads were very expensive and because they were new they simply did not match the old treads. The new carpet is safer, looks better and improves acoustics. In the long run it will show a cost savings above that of the old stair tiles and treads.

### New Intercom Systems

The new telephone-based intercom systems are in all 2-story and almost every 4-story building now and are working wonderfully. The old systems had become obsolete, and we are not able to repair them. The new "Linear Access" units have been very reliable.

## Heat Pipes in the Ceiling

We are continuing to move heat pipes into the ceilings of a few buildings each year and this has reduced leaks, removed the excess heat from some apartments that were unbearably hot, reduced property damage due to leaks, and improved heating efficiency.

### **New Boiler Systems**

The new boiler and hot water systems are saving energy, reducing downtime and reducing repair costs. This is a definite quality of life improvement for our residents.

### **Reduction in Property Damage**

Another improvement we are seeing is a reduction in property damage due to the installation of ball valves under kitchen sinks. We are still experiencing 200 kitchen sink back-ups per year, but because of the ball valves we are seeing a large reduction in damaged floors, cabinets and other personal property. (These ball valves are installed by resident owners, not by the association.)

### **Roof Coatings**

Roof coatings are another success story. We started to experiment with roof coatings about 8 years ago and have found that they are very effective. The coatings that we are using are silicone based and are applied with a heavy layer. They completely seal the roof and make for a surface that is easily repaired. The coatings we have used so far are white; the white silicone reflects radiant heat and keeps the roof cooler and provides a cooler environment in the rooms below. So far 85% of the community center has been coated along with Buildings 9, 11 and 16 and the townhomes.

Until next month let's hope things continue to "work".

#### **Emergencies**

I would like to talk a little with you about some issues that have come up that you can help us with.

#### **1**<sup>st</sup> Leave door chocks in the doors during

medical emergencies. When we receive a call for a medical emergency we use red or yellow door chocks to keep the doors open for firefighters and paramedics. If you see these chocks in a doorway, please do not remove them. They are there for outside emergency personnel to gain access to the building. Colorado state law actually prohibits you from removing such devices from doors. If you ever have a question as to whether door chocks are legitimately placed there, please call Community Response and we can inform you if we are currently in your building. I know this is counter to what Association policy states regarding keeping doors propped open, but under the law these need to be left in place for the emergency personnel coming in and out of the building.

**2**<sup>nd</sup> **If we are in a unit within your building, please do not congregate** around the unit we are working in and definitely do not enter without being given permission. We understand that a building or a floor can become like family, and it is human nature to want to see what is going on with your friend, but we ask that you stay in your units or down the hall, so we can do our jobs and have room to work. Also, under federal law people have the right to privacy, especially when it comes to their health, and we have the duty to protect our patients' rights.

**3**<sup>rd</sup> **Missing or outdated Emergency Data Sheet (gold sheet):** For most of our residents Community Response keeps on file an emergency data sheet, a gold sheet that you should have filled out when you moved in. We are finding that a lot of resident files are missing this paperwork or the information is outdated. We will be sending new sheets to



## **Community Response** From Euell R. Santistevan, Chief of Community Response

residents via your Building Reps for you to fill out and return to us. We ask that you get them back to us as soon as possible, but please wait for your Building Rep to give you the form. We need to control the number of forms that are being returned to us at a time, so that we may efficiently and accurately update our system. It will be a long process to get through all of the residential buildings, but we will get everyone done as quickly as we can. We appreciate your help with this.

#### **Suspicious activity**

Please be sure to report any suspicious activity around the community. When you call Community Response we will respond and investigate the activity. We DO NOT give out the information of the person who has called in or filed a report. Please do not fear retaliation. We also will not contact you unless you ask us to do so; this is so we keep your identity anonymous. Please make sure and call Community Response when you see something that you need us to respond to.

### Keep valuables out of your car

It is hard for any community to be crime free. However, you can do your part and

make yourself less of a target. Do not keep valuable items in your vehicle, especially in spots that are easy to see. ALWAYS lock your doors, don't make it easy for someone to just open your door and rummage through your belongings.

#### **Parking permits**

Did you know that WG residents need to have parking permits for any vehicles that you own and that are parked on WG property?

Permits help us identify vehicles and their owners. If we are about to tow your vehicle, we can try and contact you before we do. A permit also helps if you leave a door or trunk open or an emergency happens with your vehicle as we are able to notify you.

If you do not have a permit, all you have to do is bring your vehicle registration to the Administration Office, and they will issue one to you.

For your safety, none of the newer parking permits have our community's name on them. If your permit has become unreadable or is one of the older permits that say Windsor Gardens on them, you may get a new one issued. Then your vehicle and personal information and the permit number are all tied together in our system.

#### **Political signs**

The political season is upon us. We are already receiving reports of political signs going up. Remember you cannot post any political sign until 45 days before the election. Please read through the political sign policy available in the Administration Office and online at the Association's website.

### We are here for you.

Community Response is here for you, please call 303-364-4924 if you need emergency assistance or use your city services by calling 911.



Community Response Assists, Checks and Other Activities, June 2016



# Am | Safe to Drive?

#### Source: Colorado's Guide for Aging Drivers and their Families, Drive Smart Colorado

For many adults, the driver's license is the most important document that offers mobility and independence. Many of us see cars as physical extensions of ourselves that take us wherever we want, whenever we want. However, the time may come when driving is no longer a safe option. The decision to stop driving is never an easy one. However, the key for a positive transition from driving to being a passenger is planning.

#### Warning Signs/Self-Assessment

Our driving skills may deteriorate slowly so that we are unaware of what is happening. Self-awareness is the key to safe driving. The selfassessment below, taken from the Physician's Guide to Assessing and Counseling Older Drivers (published by the American Medical Association) can help you decide if you should have your driving abilities evaluated.

If you check any of the boxes on the following safety assessment,



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your safety or the safety of others may be at risk when you drive. Talk with your doctor about ways to improve your safety if you are experiencing any of the conditions or symptoms that may be affecting your ability to drive safely. If you notice one or more of these warning signs you may want to have your driving assessed by a driver rehabilitation specialist, request a driver re-examination with the Colorado Department of **Revenue - Motor Vehicle Division** or attend a driver's refresher class.

Check the box if the statement applies to you:

- I get lost while driving.
- D My friends or family members say they are worried about my driving.
- □ Other cars seem to appear from nowhere.
- □ I have trouble finding and reading signs in time to respond to them.
- Other drivers drive too fast.
- □ Other drivers often honk at me.
- □ I feel uncomfortable, nervous, or fearful while driving.
- □ After driving, I feel tired.
- $\Box$  I feel sleepy when I drive.
- □ I have had some "near misses" lately.
- □ Busy intersections bother me.
- □ Left-hand turns make me nervous.
- □ The glare from oncoming headlights bothers me.
- □ My medication makes me dizzy or drowsy.
- □ I have trouble turning the steering wheel.
- □ I have trouble pushing down the foot pedal.
- □ I have trouble looking over my shoulder when I back up.
- I have been stopped by the police for my driving.
- People no longer will accept rides from me.
- □ I have difficulty backing up.
- □ I have had crashes that were my fault in the past year.
- □ I am too cautious when driving.
- □ I sometimes forget to use my mirrors or signals.
- □ I sometimes forget to check for oncoming traffic.
- □ I have more trouble parking lately.

# The Impact of Aging on Driving

Source: Colorado's Guide for Aging Drivers and their Families, Drive Smart Colorado

Most people see a steady decline in some of the skills important for driving as they get older. Generally, starting at age 55 there often is a slow decrease in how well we process information, remember and judge driving events, such as the distance of oncoming traffic. However, the changes of aging do not affect all drivers in the same way. Specific skills, such as vision, memory, strength, flexibility and quick reaction time decline as we age but the rate varies from person to person. Your health is closely connected to your driving. You must be able to see well enough to detect hazards in different types of lighting, judge distances, adjust to the speed of traffic and read road signs. Your brain must be alert enough to guickly decide the correct course of action in any type of traffic situation, including unexpected ones. Your body must also be able to respond and react quickly. Driving presents particular challenges to older adults because of changes in vision, cognition and physical function. The increased use of medications as we get older may affect driving as well. It is your responsibility to understand how your limitations affect your driving. The National Highway Traffic Safety Administration (NHTSA) "Older Drivers" web page (http://www.nhtsa.gov/Driving+Safety/ Older+Drivers) provides links to a series of videos that address the more common medical conditions that affect an older person's ability to drive safely, such as Alzheimer's, arthritis, cataracts, stroke, etc.

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# POLICY PLATFORM Fines Q & A



#### From Chris Scovil, Covenant Enforcement Officer

#### Why did I get fined?

Your covenant violation remained after the deadline for compliance, and/or you received several violation notices exceeding the allowable number of violations, i.e., too many open garage door or pet policy violations.

Other fines include Board-approved fines that are atypical from the Enforcement Policy fine schedule that are imposed in an attempt to gain immediate compliance for violations that are so egregious they need to be acted upon swiftly.

#### What can I do if I get fined?

You can pay the fine, or if you feel that you are not at fault for the violation, per the Colorado Common Interest Ownership Act (CCIOA), you have the right to a hearing to appeal the fine. Please follow the directions in the fine letter you received to request a hearing date. The Association will set a hearing within 30 days from the receipt of your written request. Within 10 days after the hearing you will receive a written notice on the Board's decision. The decision will be final and binding and will be effective when rendered.

#### I don't think this fine is fair, and I don't like the rule that caused me to get the fine. What can I do?

The homeowners in the community set the rules, and they set them to maintain the integrity, property value and quality of life in Windsor Gardens. It's important to meet with your fellow homeowners at committee and Board meetings to voice your concerns.

#### As the Covenant Enforcement Officer, can you suspend, reduce or get rid of the fine?

I cannot. It is up to the homeowners who govern the community to make that decision. To appeal a fine please follow the hearing request guidelines outlined in the fine letter you receive. The Board members at the hearing will base their final decision on your testimony and evidence, and the evidence presented by the Association.

# **Alcoholic Beverages in Common Areas**

Please be reminded that Blossoms Restaurant carries the liquor license for the following common areas in Windsor Gardens: Restaurant, Patio off of the Restaurant, entire Community Center, including but not limited to CenterPoint East and West, Auditorium, Pool and surrounding grass, Golf Course and the Gazebo area. What does that mean for you? You may **not** bring your own alcoholic beverage to any of those areas. If you are caught doing so, your beverage will be confiscated and you risk being fined.

The liquor license laws are very strict and when they are breached, the restaurant runs the risk of losing the liquor license.

Eagle AV, LLC \*\*AUTHORIZED BY WINDSOR GARDENS ASSOCIATION\*\* DISH NETWORK INTERNET HOME PHONE email: matt@gr8tv4all.com

Sales & Service: 303-337-3474

If you are having a gathering at any of those locations, please speak to the restaurant personnel about handling all of your alcoholic beverage needs. If you are heading to the golf course or pool area and would like to enjoy an alcoholic beverage while there, come into the restaurant and purchase one to take with you. Let them know you are going to the pool or golf course and they will make sure that you are served in an appropriate container.





# **One Hundred Years Old**



100-year-old Annemarie Gruber

#### From Lori Colvin, Editor

Annemarie Gruber turned 100 years old on July 11, 2016. Her eyes and ears don't work as well as they used to, but otherwise Annemarie is in remarkable shape.

It isn't medication that keeps this 100-year-old going strong because she takes none. That's right, not a single pill.

Maybe it's the many years she spent swimming, golfing and skiing. Or maybe her practice of standing on one leg for 10 minutes straight, and then switching to the other leg for 10 minutes.

Annemarie Gruber Maybe it's the dozens of toys from around the world that she surrounds herself with in her apartment in Building 58. She and her deceased husband ran an import toy business together, and their shared love of toys lives on.

Maybe it's the bright colors she loves to wear or the hot chocolate she loves to drink.

Or maybe it's the team of friends and caregivers who look out for her and are quick to tell you how remarkable she is. I recently sat down to chat with Annemarie, her friend and Windsor Gardens neighbor Molly Malone and one of her care providers, Teresa. Molly's and Teresa's affection for Annemarie was apparent, as well as their appreciation for her sweet yet strong spirit.

"It's rare to see Annemarie get frustrated or mad," said Molly.

"She always wears happy clothes – clothes that match her personality," said Teresa. "She is so sweet and generous."

"She loves to get in a car and go!" said Molly. "We enjoy antique shopping and window shopping at the Denver Dumb Friends League together."

Building 58 celebrated Annemarie's 100th birthday in July. "She was dancing and there were lots of hugs and kisses," said Molly.

# **Veterans Celebration Breakfast**

The Challenge School at Mississippi and Dayton hosts a Veterans Day celebration breakfast every year. This year it's the morning of November 11. They'd love to include Windsor Gardens' veterans and their families.

Are you a veteran or do you know a veteran? Please email Pamela Nocerino at pnocerino@cherrycreekschools.org or call 720-747-2132

with the veteran's name, military branch, email or physical address, and any other important background information for the students who will be planning this meaningful celebration of gratitude and respect.

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# Optimist Club raises funds to purchase school uniforms for local kids

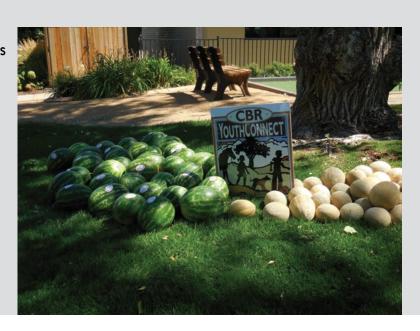
The Optimist Club distributing Palisade peaches, which were sold to raise funds to purchase school uniforms for the children at Sable Elementary School in Aurora.





Ladies and Gentlemen's Club Summer Picnic

Chuck Thompson of the Colorado Boys Ranch and Irv Miller, President of the Ladies and Gentlemen's Club, are all smiles at the club's Annual Summer Picnic. The proceeds from the sale of watermelon and cantaloupe at the picnic went to the Colorado Boys Ranch Youth Connect program.









# Afternoon Tea with Helen Bonfils

Resident actress Phyllis Woodard was terrific in her portrayal of Helen Bonfils during the August Afternoon Tea. Ninety guests enjoyed the tea and Helen.

> Photos by Nancy Delhay

# Hawaiian Luau at Blossoms

The dancing, the decorations, the shark, the roasted pigs. The Hawaiian Luau at Blossoms was a packed event and everyone had a great time.















Photos by Nancy Delhay





## **Colorado Day Tournament**

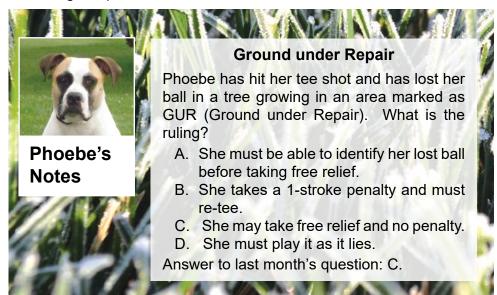
The Colorado Day Tournament was a huge success. Great food, great times and great friends – doesn't get much better. Thank you again to MorningStar @ Dayton Place for sponsoring the event.

## Hole-N-One

Congratulations to Bob Baca for his hole-in-one at Hole #3!

#### Hat-a-Palooza Sale

The Hat-A-Palooza sale is going on in the golf shop from September 5 through September 20. All hats will be 15% off.



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# **CHECK IT OUT @ WG LIBRARY**

New books at the Windsor Gardens Library include titles on the bestseller lists. Look for them in the glass cases or put reserves on them with library volunteers between 12:30 p.m. and 3 p.m., Monday through Friday. The open shelves hold an extensive selection of books (regular, large print and paperbacks) which may be borrowed anytime during the day. Videos, jigsaw puzzles and audio books are available as well. DVDs are also found in the glass cases and may be checked out.

## MISSING BOOKS

Please search your bookshelves for borrowed WG Library books. We are missing several of our fiction and non-fiction books that have not been returned. Our library works on the honor system. Please do not keep books for over one month so other residents can also enjoy them. Thank you.

## **NEW BOOKS**

- "All is not Forgotten" by Wendy Walker
- "The Black Widow " by Daniel Silva
- "Blueprints" by Barbara Delinsky
- "Daughters of the Bride" by Susan Mallery
- "I Almost Forgot About You" by Terry McMillian
- "Peculiar miracles of Antoinette Martin" by Stephanie Knipper
- "Sweet Tomorrows" by Debbie Macomber
- "The Woman in Cabin 10" by Ruth Ware

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## at Windsor Gardens 303-341-7480

www.blossomsrestaurant.com

#### **Hours of Operation**

Monday thru Thursday 8am – 8pm

Friday 8am – 9pm

Saturday 8am – 8pm

Sunday 8am - 1pm (Breakfast Buffet)

## Blossoms is OPEN on MONDAYS for the season.

#### **OPEN FOR BREAKFAST MON. THRU SAT.!!**

*Come in and support your community restaurant.* 

We are OPEN for breakfast Monday thru Saturday, 8 a.m. to 11 a.m.

#### Great prices!

The breakfast menu is table service. We can't wait to see vou for breakfast!

Our Sunday Breakfast Buffet remains the same.

#### ALL-YOU-CAN-EAT BREAKFAST BUFFET

#### **BEST DEAL IN TOWN!**

#### Sundays

#### Serving <u>8 am to 1 pm</u> for only <u>\$8.95</u>

(tax & tip not included)

Sunday Buffets always include: Bacon, sausage, hash browns, fresh fruit, pastries, homemade waffles, eggs cooked to order and omelets, coffee, and one glass of juice.

#### Plus the following Specials each week:

9/4:	Biscuits & Gravy	9/25:	Eggs Benedict
9/11:	Chicken Fried Steak & Grits	10/2:	Biscuits & Gravy
9/18:	Huevos Rancheros		

#### ALL-YOU-CAN-EAT DINNER BUFFET

#### **Tuesdays and Fridays** Serving <u>4 pm to 8 pm for only \$8.95</u>

(tax and tip not included)

\*\*Regular Menu is also available. Take out always available.\*\*

All non-holi	day buffets include salad,	vegetables, ro	olls, and	potatoes or rice.
Eri 0/2.	Movican Puffot Faiitas	& Chili Pollono		

Fri 9/2:	Mexican Buffet - Fajitas & Chill Relienos
Tues 9/6: Fri 9/9:	Spaghetti, Meatballs, Sausage & Raviolis Grilled Sirloin Steak & Chicken Cordon Bleu
Tues 9/13: Fri 9/16:	Chef Julie's Mac & Cheese with a Topping Bar & Salisbury Steak Chicken Fried Chicken & Oven Roasted Pork Leg
Tues 9/20: Fri 9/23:	Chef Julie's Peppersteak & Chicken Parmesan Prime Rib Night! \$11.95
Tues 9/27: Fri 9/30:	Oven Roasted Ham & Fried Chicken Roasted Chicken & Salmon in Orange Butter Sauce
Tues 10/4: Fri 10/7:	Chicken Pot Pie & Parmesan Tilapia Mexican Buffet - Chili Rellenos & Beef and Bean Burritos

Friday, October 28, 4 p.m. to 9 p.m.

Dinner: \$14.95 Prime Rib Night with Make-your-own S'mores included!

Live Music: Magic Moments

Costume Contest – Prizes for 1st, 2nd & 3rd place

#### **KARAOKE NIGHT**

Saturday, October 15, 6 p.m. Karaoke with your Favorite! Johnny Ramada

#### \$6.95 EARLY BIRD MENU

Come try our Early Bird Menu for only \$6.95

2 p.m. to 5 p.m. on Wednesday, Thursday and Saturday Serving: Liver & Onions, Fried Chicken, Fish & Chips, Taco Salad, Grilled Chicken, and Double Cheeseburgers. Includes dessert.

#### **\$5 CHICKEN SANDWICHES**

#### \$5 Chicken Sandwiches All day on Saturdays

Grilled Chicken Sandwich with Fries for \$5 (tax & tip not included)

#### **\$5 BURGERS**

#### **\$5 Burgers All day on Mondays**

Hamburgers with Fries for \$5 (tax & tip not included)

#### FRIDAY NIGHT LIVE MUSIC

#### Never a Cover Charge!

rs

9/9:	Cindy & Bryce	10/7: Rudy Grant & Buffalo Rider
9/16:	Magic Moments	10/14: Cindy & Bryce
9/23:	Tony David & Wildfire	10/21: Tony David & Wildfire
9/30:	Jim Hyatt Band	10/28: Magic Moments

# HALLOWEEN PARTY--GET YOUR COSTUME READY

# EVENTS, ENTERTAINMENT& TRIPS

# WINDSOR HAPPENINGS

Events posted in chronological order.

• MARY BETH SUSMAN: Thursday, September 8, at 10 a.m. in CENTERPOINT WEST.

• **FAMILY FUN GOLF DAY:** Saturday, September 10, at 8 a.m. at EMERALD GREENS GOLF COURSE. Scramble format will be used with the first foursome teeing off at 8 a.m. Call the WG Golf Shop at 303-366-3133 to schedule tee time. Green fees for this special event will

be \$7 for nine holes and \$3 for miniature golf. A great event to bring the whole family! Our WG restaurant, Blossoms, will be offering a hamburger, chips and cookie meal for \$5 or a hot dog, chips and cookie for \$3.

• **AARP SAFE DRIVING COURSE:** Monday, September 12, from 9 a.m. to 1 p.m. in CENTERPOINT WEST. Check with your insurance carrier for details regarding a **possible discount of up to 15% on your auto insurance** after completion of this course.

Cost: **\$15** per person AARP members or **\$20** for non-members to be paid at class. Sign up in advance at the Activities Desk.

**TECHNOLOGY TUTORING: Need** help with Facebook, email, Skype, Google Hangouts, iPhone and Android phones, tablets or basic computer skills? Or do you need help signing up for a website or service? Or is your computer not working correctly? Tech tutor Ethan can help! He will be here on Monday, September 12; Monday, September 19; Monday, September 26; Monday, October 3; and Monday, October 10, from 3:30 p.m. to 5:30 p.m. in CENTERPOINT LOBBY. Please sign up for an appointment at the Activities Desk. Ethan is a student at The Cherry Creek Academy, which encourages their students to do community outreach. Ethan has chosen to serve Windsor Gardens as his outreach. Please keep your appointments.

• **AUTHORS BOOK SIGNING:** Wednesday, September 14, 4 p.m. to 6 p.m. in CENTERPOINT. We are fortunate to have many talented residents at Windsor Gardens, including at least six published authors. It is our pleasure to introduce you to these folks and acquaint you with their work. In addition to a reading by each author, books will be available for purchase. Please sign up for this free event at the Activities Desk. Wine and cheese will be served.

## **EVENT TICKET SALES**

Activities Office Hours: Monday – Friday, 9 a.m. to 4 p.m. 303-364-9141

The Activities Office does not accept reservations by phone for events that require payment. The office also does not keep large sums of money, making it difficult to change large bills. Please keep this in mind when purchasing tickets. Thank you for your consideration in this matter.

Need tickets but can't get to the Activities Office during the day? No problem.

If you aren't able to visit the Activities Office between 9 a.m. and 4 p.m., and you need to purchase tickets, get keys, reserve a room, etc., contact Cynthia at 720-862-1533 to make an after-hours appointment or to make other suitable arrangements.

■ ACTIVE MINDS — 19TH CENTURY AMERICAN POPULAR MUSIC: Thursday,

September 15, at 2 p.m. in CENTERPOINT. What was popular music like before the days of radio, recordings and digital technologies? Who were the pop stars of yesteryear, what did they perform, and who was listening? We will explore 19th century American popular music, focusing on the places and spaces that such music was made available to the public: the street, stage and home. We will listen to a wide variety of music, from parade bands and Sousa marches, to minstrel variety shows, musical theatre and parlor songs by Stephen Foster.

Cost: **FREE**. Please sign up at the Activities Desk.

• **DANA'S ANNUAL TREE WALK:** Friday, September 16, begins at 9 a.m. in CENTERPOINT. Join our Grounds Supervisor, Dana Cusack, for an educational and entertaining look at our trees and the work of our grounds crew. Dana will begin with a

# **COMING EVENTS**

Craft Fair & Christmas Market Place November 11 & 12

Holiday Lights Celebration
December 14

PowerPoint presentation on the Japanese beetle and other pests that are having an impact on our trees. After the presentation he will take you on a walk to look at a sample of our trees. Please wear layers, comfortable shoes and a hat. We will provide coffee, bottled water and breakfast bars and granola bars for your convenience. Please sign up at the Activities Desk.

**ADVENTURE ON HIGH LINE CANAL:** Monday, September 19, at 1 p.m. in CENTERPOINT. Join the High Line Canal Conservancy for a presentation about the past, present and future of the High Line Canal. "Adventure on the High Line Canal" is an ongoing planning initiative to develop a comprehensive vision plan to ensure the well-loved Canal trail reaches its greatest potential as an economic, environmental, recreational and social asset along not just some, but all of its 71 miles. The presentation will focus on the 150-year history of the Canal, the challenges it faces today and the current effort to write a new story for its next 150 years. The Conservancy will present the draft vision plan that has been developed through shared community input. Attendees will have the opportunity to ask questions and learn more about how to get involved. Please sign up at the Activities Desk.

• WATTS FOR LUNCH – FORMER BRONCOS WIDE RECEIVER WADE MANNING: Tuesday, September 20, at 11:45 a.m. in CENTERPOINT. Join us for an entertaining look into this athlete's life. Wade played two stints of football with the Denver Broncos. He is now the Athletic Director at Smoky Hill High School in the Cherry Creek School District. Menu: Chicken fried steak, mashed potatoes, vegetable, salad, roll and butter, coffee or tea and ice cream.

Cost: **\$14** per person. Tickets on sale through Friday, September 16.

COLORADOCARE.ORG presents AMENDMENT 69: Wednesday, September 28, at 1 p.m. in CENTERPOINT. Colorado will vote on Amendment 69 in the November election. It proposes the replacement of private employmentbased insurance with guaranteed universal coverage for all Colorado residents. Colorado is the first state in the nation to publicly vote on universal coverage. Richard Passoth, Colorado Care representative and a retired psychotherapist

# EVENTS, ENTERTAINMENT& TRIPS

# WINDSOR HAPPENINGS

#### continued from page 24

with 45 years experience in health care, will present the facts on the initiative and how it does NOT affect most Medicare recipients but could supplement their current coverage. Passoth will make a short presentation and then take any questions or comments. Please sign up at the Activities Desk.

HOMEMADE CRAFTS, BAKED GOODS & ANNIE'S ATTIC TREASURES, a fundraiser for CHILDREN'S HOSPITAL COLORADO: Friday, September 30, 9 a.m. to 5 p.m. and Saturday, October 1, 9 a.m. to 2 p.m. in CENTERPOINT. It's time for the annual fall sale to benefit the Children's Hospital. This sale features homemade crafts, baked goods and gently-used treasures from Annie's Attic. Come make your holiday purchases while supporting Children's Hospital!

LIVING WILLS & ADVANCED
 DIRECTIVES – WHAT DOCUMENTS ARE
 BEST FOR ME? Thursday, October 13, at 1

p.m. and Thursday, October 20, at 6:30 p.m. in CENTERPOINT WEST. The documents that govern our wishes at the end of life can be confusing. Does a living will protect me from being resuscitated against my will? If I can't speak for myself, who will? How long would I be kept on life support if that time comes? What is the probability of a successful resuscitation? What are the dangers of resuscitation? Is there a universal form for my Do-Not-Resuscitate (DNR) wishes in Colorado? Dr. Rod Gottula, a WG resident and Associate Medical Director of Optum Palliative Care and Hospice, will address these questions and more. Please sign up at Activities Desk.

• AFTERNOON TEA: Tuesday, October 18, at 2:30 p.m. in CENTERPOINT with Brett East, Image Consultant. Enjoy a delicious assortment of finger food and tea as Brett teaches you the four ways your clothing communicates to those around you. A fascinating talk. Don't miss it! Cost: **\$10** per person. Tickets on sale now through October 14 at the Activities Desk.

17.1

ACTIVE MINDS – 2016 COLORADO BALLOT ISSUES: Thursday, October 20, at 2 p.m. in CENTERPOINT. The fall 2016 Colorado ballot promises to stir up strong emotions in the state. With a variety of complex issues coming to a vote, it is important that we understand the ballot and what is at stake. Join Active Minds for an objective review of the ballot issues and a presentation of the arguments on each side of the proposals.

Cost: FREE. Please sign up at the Activities Desk.

POINSETTIA FUNDRAISER: Beginning mid-October in CENTERPOINT LOBBY. The Windsor Marines Auxiliary will be taking your prepaid orders for red or white poinsettia plants starting mid-October. A poinsettia plant is a beautiful way to brighten your home or give as a gift to a friend, neighbor, church or family member, or just to brighten someone else's day.

• **FRIDAY NIGHT BALLROOM DANCES** on the 2nd and 3rd Friday evenings of the month from 7 p.m. to 10 p.m. in the AUDITORIUM. The Tom Allan Duo will play for your dancing enjoyment on September 9. Our sponsors will be Harvard Square and Fairmount. Tom Yook will play on September 16 and our sponsors will be Cherry Creek Retirement Community and Fairmount.

Cost: **\$4** per resident with WG ID; **\$7** per nonresident.

## DANCES

• **MONTHLY BALLROOM DANCE** is held the last Saturday of the month from 7 p.m. to 10 p.m. in the AUDITORIUM. The Jim Ehrlich Variety Band will provide your dance music on Saturday, September 24. Our sponsors will be The Gardens at St. Elizabeth and Fairmount.

Cost: FREE for residents; \$7 for nonresident.

#### HALLOWEEN DANCES

WINDSOR AFTER DARK HALLOWEEN DANCE: Friday, October 28, in CENTERPOINT. Dance to the music of a DJ and participate in our Halloween Costume Contest. We have three categories: Best Ladies, Best Mens and Best Couple.

HALLOWEEN BALLROOM DANCE: Saturday, October 29, we will celebrate Halloween with our annual Costume Contest. Tom Yook will be playing that evening.

## **HEALTH & WELLNESS TALKS**

• THE MIND FIT SERIES – ACTIVITIES TO BOOST BRAIN HEALTH sponsored by Home Care Assistance Denver: Six Wednesdays from 1 p.m. to 3 p.m. starting October 5 in CENTERPOINT EAST. Just like the body, the brain can show signs of aging over time. There are positive lifestyle changes you can make to keep your mind sharper for longer. Join brain fitness trainer Samantha Ediger from Home Care Assistance and learn about proactive ways to enhance cognitive functioning, including fun group activities used in Cognitive Therapeutics Method, a sciencebased cognitive stimulation program. Please sign up at the Activities Desk. Seating is limited.

• **PERSONALIZED MEDICINE** – HOW GENETICS CAN IMPROVE HEALTHAND SAVE LIVES TODAY: Thursday, September 22, at 1 p.m. in CENTERPOINT. Personalized Medicine is the use of genetics to determine how individuals are different, down to the molecular level, and using that information to treat everyone like the true individual that they are. By using a simple saliva test, we can determine how an individual will metabolize medications, what someone's risk is of developing cancer and what the risk is that a mother will have a child with an inherited disease such as Cystic Fibrosis or Sickle Cell Anemia. Our speaker will be Dr. Andy Mannsfeld. Please sign up at the Activities Desk.

MEDICARE MONDAY @ WG: Monday, October 17, at 9:30 a.m. in the AUDITORIUM. The Colorado Gerontological Society will be here to update you on Medicare benefits changes for 2017 and will offer oneon-one Medicare counseling for individuals who would like to discuss their particular situation or review prescription drug coverage. Please sign up at the Activities Desk.

# EVENTS, ENTERTAINMENT& TRIPS

# WINDSOR HAPPENINGS

## MOVIE TIME

#### Two different movies every month in the WG Auditorium!

#### Bring your friends and family!

Cost: **\$4** per person includes a great movie, a small bag of popcorn, soda or water and candy. Tickets are purchased at the door. Please, no bills larger than \$20. Whenever possible Closed Captioning is utilized.

## JOY

Saturday, September 10, 2 p.m. Monday, September 12, 7 p.m.

"Joy" is the wild story of a family across four generations centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love, pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing a world of unforgiving commerce. Allies become adversaries and adversaries become

allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces. Jennifer Lawrence stars, with Robert De Niro, Bradley Cooper, Edgar Ramirez, Isabella Rossellini, Diane Ladd, and Virginia Madsen. Like David O. Russell's previous films, Joy defies genre to tell a story of family, loyalty, and love. Rating: PG-13 (for brief strong language). Runtime: 2 hours, 4 minutes.

## **TRUMBO** Friday, September 23, 7 p.m. Sunday, September 25, 2 p.m..

In 1947, Dalton Trumbo (Bryan Cranston) was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. "Trumbo" recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice of the blacklist, which entangled everyone from gossip columnist Hedda Hopper (Helen Mirren) to John Wayne, Kirk Douglas and Otto Preminger. Rating: R (for language including some sexual references). Runtime: 2 hours, 4 minutes.

# CASINO TRIPS

• CRIPPLE CREEK WILDWOOD CASINO: Friday, September 30, departing at 8 a.m. Bus time is 7:45 a.m. Join the gang at the Wildwood Casino for a day of fun and gambling! You will receive 2X points, \$14.95 ALL you can eat Prime Rib and Seafood Buffet, half off Creekside Craft Beer and Cuisine. You will receive \$5 in promo plays too.

Cost: \$30 per person.



# A WINDSOR GARDENS FAVORITE! **OPTIMIST PANCAKE BREAKFAST FUNDRAISER**

**SATURDAY, OCTOBER 8 Blossoms Restaurant** Serving from 7 a.m. to 11 a.m.

TICKETS: \$6 per person. Children 5 years or vounger eat FREE. Purchase tickets at the Activities Desk, from an Optimist Member or in CenterPoint Lobby. Also available at door.

All proceeds go towards youth programs.

## FAMILY FUN GOLF DAY SATURDAY, SEPTEMBER 10, 8 A.M. **EMERALD GREENS GOLF COURSE**

Call the WG Golf Shop at 303-366-3133 to schedule tee time. Scramble format will be used with the first foursome teeing off at 8 a.m. Green fees for this special event will be \$7 for nine holes and \$3 for miniature golf. A great event to bring the whole family! Our WG restaurant, Blossoms, will be offering a hamburger, chips and cookie meal for \$5 or a hot dog, chips and



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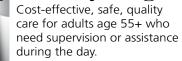


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City of Aurora Library, Recreation



#### . The EVENTS, ENTERTAINMENT& TRIPS

#### SENIOR RIDE EVENTS RTD

Due to conflicts between RTD Senior Ride's event planning process and Windsor Gardens publishing deadlines, the Activities Office often distributes RTD Senior Ride event information separately from Windsor Life for the months of March, June, September and December. Look for the RTD event information sheet on your building's bulletin board, pick up a copy at the Activities Desk or check online at the Association's website.

The Activities Office typically publishes RTD Senior Ride events 45 to 60 days in advance, except for those months for which the information is not available by press time.

# **BUS BUDDIES TRIPS**

Bus Buddies trips show you how to use RTD buses and light rail, with lunch destinations serving as good incentives to get on a bus. Your fare is \$2.60 round trip if you are at least 65 years old; \$5.20 if you are younger. If you let us know in advance that you might come, you'll be contacted if there are any changes. Detailed itineraries and more at www.WindsorGardensDenver.org. Click on "Stay Connected" and then "Discussion Groups". For more information e-mail wg.bus@aol.com or call 303-341-0056 (Paul Steinhauer).

LUNCH IN DOWNTOWN DENVER: On Wednesday, September 21, at 9:30 a.m. meet in the Auditorium Lobby. Plan to walk at least 1/2 mile, more if you want to explore. We will choose from several wheelchair accessible restaurants. We will get separate checks. Pay your server for your meal. Bus Buddies does not collect any money from you.

#### WINDSOR GARDEN ARTISTS **WG AUTHORS** DISPLAY THEIR WORK IN **BOOK READINGS & SIGNINGS** CENTERPOINT GALLERY It is our pleasure to introduce you to six of Windsor Gardens' resident authors and acquaint you with their work. Join us on Located just up the ramp beyond Blossoms, the gallery Wednesday, September 14, 4 p.m. to 6 p.m. in CenterPoint. In showcases a variety of original art created by members of addition to a reading by each author, books will be available for the Windsor Gardens Art Club. purchase. Please sign up for this free event at the Activities Desk. Wine and cheese will be served. Participating WG authors and their selected books: Warwick "Wick" Downing, "The Widow of Dartmoor" Harlan "Hap" Hansen ,"The Political Outsider" Dennis Payton Knight, "Joyride for Sale, Laughing and Living SHOP FOR REASONABLY PRICED in Short Little Pieces" PAINTINGS, PHOTOGRAPHS Kenneth Lansdowne, "Bathhouse Bloodbath!" (Bent Mystery #8) AND SCULPTURE. Irv Sternberg, "Neptune's Chariot" Sandra Windsor, "The FBI Wife" Items in the gallery are changed four times each year according to the season. **WINE & CHEESE WILL BE SERVED** I LOVE UGLY DUCKLINGS ! Wholesale Call Larry Summer Home DO YOU HAVE .... Improvements Wholesalehomeimprovements.com A CONDO TOO COSTLY TO REPAIR? TOO OUTDATED? TOO MANY MAINTENANCE ITEMS? LANAI ENCLOSURES TOO MUCH CLEAN UP? I CAN HELP Free Estimates / References No Inspections, \$ I'll BUY IT! \$ **Quick Close, No Realtor** Windsor Gardens Approved / Recommended

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#### Page 29

# CARDS & GAME GROUPS

#### **BID WHIST**

2nd and 4th Saturday from 7 p.m. to 9 p.m. in the CARD ROOM. New players welcome. Call Ron at 303-366-0403 for more information.

## BILLIARDS

**BILLIARDS FOR ALL:** Join other pool players Monday through Saturday, 12 p.m. to 3 p.m., in the BILLIARD ROOM (second floor of CenterPoint). You don't need your own cue.

**BILLIARDS FOR LADIES:** Ladies, let's play pool on Fridays from 10 a.m. to 12 p.m. We can learn the game together.

#### BRIDGE

**BRIDGE BASICS CLASS:** Tuesdays from 10 a.m. to noon in the COLORADO ROOM. Instruction is given on bidding, play, and defense.

**DUPLICATE BRIDGE:** Mondays at 1 p.m. in the COLORADO ROOM. Residents and guests welcome. Call Rich at 303-344-1729 if you need a partner.

**DUPLICATE BRIDGE CLASS & PLAY:** Tuesdays and Wednesdays at 1 p.m. in the COLORADO ROOM. A short lecture followed by a game. Call Rich at 303-344-1729 if you need a partner. For WG residents only. **INTERMEDIATE and ADVANCED BRIDGE CLASS:** Tuesdays from 3 p.m. to 5 p.m. in the COLORADO ROOM. This class requires knowledge of the basics and introduces students to intermediate concepts of bidding.

**SATURDAY NITE PARTY BRIDGE:** 2nd and 3rd Saturdays in the COLORADO ROOM at 6 p.m. For more information, call Angie at 720-690-9352.

**SOCIAL BRIDGE:** Tuesdays at 1 p.m. in the COLORADO ROOM. Come with a foursome to practice and play.

**THURSDAY NIGHT PARTY BRIDGE** in the COLORADO ROOM at 6:15 p.m. This group loves bridge and people. Bring 5 nickels. For more information call Helen at 303-344-4559.

#### MAHJONG

Monday and Friday afternoons at 1 p.m. Call Claire at 303-739-0581 or Caroline Walsh 720-949-1450 for details.

#### PING PONG

We play in the COLORADO ROOM on Mondays and Tuesdays from 5 p.m. to 7 p.m.; Thursdays and Fridays from 3 p.m. to 5 p.m., and on some Saturday afternoons.

#### PINOCHLE

**FRIDAY NIGHT PINOCHLE** at 6:15 p.m. in the ASPEN ROOM. Contact Vi at 303-366-1367.

**LADIES PINOCHLE** every Thursday at 6:15 p.m. in the ALL-PURPOSE ROOM. You don't need a foursome to play.

**TUESDAY PINOCHLE** at 6:15 p.m. in the ASPEN ROOM. For information, call Vi at 303-366-1367.

#### POKER

Wednesdays, 12 p.m. to 5 p.m., in the CARD ROOM. Dealer's choice.

#### RUMMIKUB

Group meets on the first and third Friday of each month from 1 p.m. to 3:30 p.m. in the COLORADO ROOM.

#### SCRABBLE

Scrabble Club meets every Monday from 2 p.m. to 5 p.m. in the ASPEN ROOM. The group is always looking for more players.

#### SKIP-BO

2nd and 4th Tuesdays from 1 p.m. to 3 p.m. New players welcome. Call Mary for more information at 303-344-5880.



• **ART CLUB** will begin our year on Friday, September 16, in the COLORADO ROOM; a short meeting will begin at 10 a.m. with a program to follow. This month our guest artist will be Camille Scott, who will demonstrate the use of encaustics (melted wax) to make art. Encaustic painting is an ancient technique which has been updated for today's artists. Camille always offers a chance for folks to experiment with the materials and make one or two small paintings, which can be used to make a card. Guests are always welcome.

• **BEADING GROUP** meets the first and third Wednesdays of the month at 10 a.m. We do all kinds of beading: embellishments on quilts, clothing, jewelry, boxes, etc. We're willing to teach those who are interested. Call Joanne at 303-366-3419.

**CAT FRAT & CHAT:** Monthly meet-up for Cat Lovers/Owners! Call Yvonne, 303-330-6505.

CHILDREN'SHOSPITALCOLORADO ASSOCIATION OF VOLUNTEERS, WG CHAPTER, will meet on Monday, September 19, at 9:30 a.m. in the COLORADO ROOM. We thank all those who participated in our End-of-Summer Bake Sale. You will have another opportunity to help support Children's Hospital when we hold our annual sale on Friday, September 30, from 9-5, and Saturday, October 1, from 9-2, featuring homemade craft items, baked goods along with our 40th Anniversary Cookbook and used treasures from Annie's Attic. If anyone would like to contribute homemade crafts, gently used household and decorative items or jewelry to benefit the children, please contact Bernadine Dzierson, 720-949-1779. Thank you in advance!

• **COMPUTER CLUB** will meet Wednesday, September 14, at 7 p.m. in the Colorado Room. The guest speaker is Charlie Herleman of Small Office Solutions who is the lead technician for the Association's computer network. Join us to get an update on online security.

FITNESS

EQUIPMENT

INSTRUCTION

# CLUBS & GROUPS iriday DEMOCRATIC BOOK CLUB will

• **DEMOCRATIC BOOK CLUB** will meet on Saturday, September 24, at 2 p.m. in the home of Ellis and Dot Sobol, 615 South Alton Way, #8A, 303-363-9125. Our discussion choice is "Life and Death in Shanghai" by Nien Chang. In August 1986 a group of Red Guards ransacked the house of Nien Cheng. As a result of her refusal to confess to being an "enemy of the state" during the Cultural Revolution, Nien spent six years in prison. This is a terrifying account of Mao T'se –Tung's attempt to topple the Chinese Communist Party's moderates. [Back cover of Penguin Book.] The book is difficult to obtain; if you need help finding a copy, please call Georgia.

• **DEMOCRATIC CLUB** will meet on Tuesday, September 27, at 7 p.m. in CENTERPOINT. This is the last club meeting before the General Election ballots are mailed on October 17. Bring your questions for the candidates and concerning the many ballot issues. Our speakers will be Lois Court, Beth McCann and Mary Beth Susman. Lois Court will explain the ballot issues to be voted on in November. Mary Beth will update us on the status of Lowry Vista and the Dayton Street improvements, and other city-wide issues such as affordable housing. We are seeking additional board members. For information please call Jack Walsh at 720-949-1450.

Please join us before the meeting at Blossoms Restaurant at 5:30 p.m. for conversation and nourishment.

• **DRUM CIRCLE** meets most Sunday afternoons at 3 p.m. in the COLORADO ROOM. Always open to new participants. Drop by, give it a try.

• **GARDEN CLUB**: The garden club wait list has reached the limit of 40 people and will be closed until mid-January. Current garden club members: Please plan to attend the general meeting on Saturday, September 17, at 10:30 a.m. in the COLORADO ROOM. The agenda will include voting for new club board members. Following our meeting will be our fun, annual picnic at 11:30 a.m.

Work with Fitness Equipment Instructor Kathy Zimmer in the Fitness Center:

Thursday, September 8, 12 p.m. to 2 p.m. Friday, September 16, 8 a.m. to 10 a.m. Monday, September 19, 6:15 p.m. to 8:15 p.m. LADIES AND GENTLEMEN'S CLUB will host a representative of the Ronald McDonald House Charities of Denver on Saturday, September 10, at 9:30 a.m. in CENTERPOINT. The subject will be the mission, history and day-to-day operations of the charity, which is located in both Aurora and Denver. The one-hour presentation will also include the many opportunities available for the community to support this home away from home for families of seriously ill or injured children. We hope you will join us for this informative presentation. We have collected and delivered red wagons full of pop tabs and monetary donations to this organization for many years. All are welcome to join us for free refreshments and a much awaited presentation.

• **LAPIDARY CLUB** meets Friday mornings, 9 a.m. to 11:30 a.m. Rocks, gems, jewelry, bookends, cut/polish, and tumble. The lapidary shop is located south of the outdoor pool, near the horseshoe pit. Drop by and meet others. Questions? Call Larry 720-256-3359.

• MARINE CORP LEAGUE DETACHMENT will hold their annual picnic on September 10 from 12:00 to 16:00 in the GAZEBOS. This is an open meeting with friends and family invited. Please attend and join in this brotherhood of fellow Marines. Call Commandant Terry Darnall at 720-427-7812 or Barry Georgopulos at 303-360-6302. Once a Marine – Always a Marine.

MARINE CORP LEAGUE LADIES AUXILIARY supports the Marine Corps, Marine families, Wounded Warriors, Youth Programs, Scholarships, and a variety of Marine and Veteran related programs and activities. We are sure there many eligible ladies in Windsor Gardens, and we would like to welcome you to join us as members of the extended Marine Family. We normally meet on the second Tuesday each month at 7 p.m. in CENTERPOINT. Our September meeting is our annual picnic on Saturday, September 10, at the GAZEBOS from 12 p.m. to 4 p.m. Family and friends are invited. Semper Fidelis.

• **MEDITATION GROUP** meets Wednesday mornings at 10:15 a.m. in the ALL-PURPOSE ROOM. Please join us for a session of simple, quiet meditation. This group follows the Peter Russell method of meditation, "Without Really Trying."

CLUBS & GROUPS continued on page 31

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• **OPTIMISTS CLUB** meets on the 2nd and 4th Wednesdays at 8 a.m. for breakfast in the Blossoms Banquet Room. If you would like to attend a breakfast meeting to learn more about the Optimists, please join us for a complimentary breakfast. The club has an interesting program for each breakfast meeting, and you are welcome to join us. On September 28, Tony Carpenter, Lieutenant Governor of International Optimists, will tell us about his personal journey to become an officer of the Optimists. For more information about the club, contact Phyllis Woodard at 303-366-2717 or pjwoodard29@hotmail.com.

PRIDE WINDSOR GARDENS
 AKA LGBT CLUB will meet Friday, September
 9, at 7 p.m. in CENTERPOINT. Open mic and socializing. Pie a la mode will be served. Call 303-981-8702 with questions.

• **SILVER HOTTIES**: Windsor Gardens' own performing dance troupe presents many different styles and eras of dance to a variety of music. We are a fun, welcoming and dedicated group committed to presenting "wow" performances. This season the group will have an additional weekly instruction session for "emerging dancers". We meet on

# CLUBS & GROUPS continued from page 30

Sundays, 4 p.m. to 6 p.m., in the Auditorium and on Tuesdays, 5:30 p.m. to 7 p.m., also in the Auditorium. Tuesday's focus is on the basics: counting and balance; the Sunday session is for rehearsing new and previous dances from the repertoire. Come on by and give your feet a try. For more information contact Nancy at 720-859-3262 or dancynancy@q.com or Marilyn at 303-366-0405 or marilyntyler@q.com.

• **TIME4TAP:** If you have ever wanted to learn how to tap dance or you'd like to renew your tap dance skills, Time4Tap is for you. Time4Tap meets on Tuesdays in the AUDITORIUM. Beginning tap from 10:45 a.m. to 11:30 a.m. and intermediate tap from 11:30 a.m. to 12:30 p.m. If you have questions call or email Julie Whalen at 303-550-5985 or jwhalen97@comcast.net or just drop in on a Tuesday and make Time4Tap.

• **TOASTMASTERS CLUB:** Nervous in front of groups? Get over it! Toastmasters are dedicated to improving your speaking and listening skills. It's never too late for self improvement. Call Carl at 720-859-2722.

• WALKING CLUB meets every Wednesday and Friday at 10:15 a.m. in the AUDITORIUM. Walk to music at your own pace. WINDSOR AFTER DARK, A SOCIAL GROUP, started for people who aren't available to take advantage of daytime activities at WG, mostly the Baby Boomers. If you are new to our community, come meet some neighbors, make some friends. Retired or still working – everyone is welcome. Start planning your Halloween costume now! We will be holding our Halloween Dance on Friday, October 28, from 7 p.m. to 10 p.m. in CENTERPOINT. Cost is \$4 for residents and \$7 for non-residents.

• WOOD ARTIST & SCULPTURES CLUB encompasses wood carving, burning, and sculpting, scroll saw work, clay sculpting, stone carving, soap carving, leather carving, and whittlings. We meet every Wednesday in the ART ROOM from 3:30 p.m. to 6:30 p.m. for open artistry. On the second Wednesday of each month we have a club meeting and demonstrations.

• WRITERS GROUP: Like to write? The Writers Group meets every Monday at 9 a.m. in the ASPEN ROOM to share our writings on a variety of topics. If you enjoy creative challenge and meeting new people, come join us!

 AL-ANON: Wednesdays, 6 p.m. to 7 p.m. in the ASPEN ROOM. For information call Lorna at 303-366-3703. SUPPORT GROUPS

ALCOHOLICS ANONYMOUS: We meet every Wednesday at 7:30 p.m. in the ASPEN ROOM. Contact Elizabeth at 303-619-5753.

# FAITH GROUPS

• **BETH MOORE BIBLE STUDY:** "David: Seeking a Heart Like His" by Beth Moore is an 11-session Bible study of David, a man after God's own heart and the shepherd king of Israel. In this study David will delight and disappoint you. You'll want to be just like him at times and nothing like him at others. Starting Thursday, September 8, 1:30 p.m. to 3:30 p.m., in the ASPEN ROOM. Questions? Call Margaret Martin, 303-810-6155, or Joan Powers, 303-367-1331.

SEATED AT THE TABLE – THE ENTIRE BIBLE IN 18 LESSONS: The Bible can be overwhelming and daunting to study. If you have a desire to understand the Bible better and need a knowledgeable and friendly guide, this class is for you. The class will cover the Old Testament in nine lectures this fall, and the New Testament in the spring. Susan Kerr will lead this journey through the Greatest Story Ever Told. Susan is a seasoned teacher, published author, animated storyteller and WG resident. For those who wish to stay after the lectures there will be a time for discussion. Classes begin Thursday, September 15, at 6 p.m. in the ASPEN ROOM. You can attend any or all of the lectures. For more information call Susan at 720-207-3612.

• **CATHOLIC MASS, 1ST FRIDAY:** 1st Friday of each month at 9:30 a.m. in CENTERPOINT EAST.

 CATHOLIC MASS, FRIDAY: Father Tom McCormick, a WG resident, says mass weekly on Fridays at the VILLAGE AT LOWRY ASSISTED LIVING COMMUNITY. He would like  PERIPHERAL NEUROPATHY SUPPORT GROUP: 1st and 3rd Thursdays, 1:30 p.m. to 3 p.m., at Christ Church at Colorado Blvd. For more information call 303-690-3933.

to extend an invitation to his fellow neighbors and friends to join them on Fridays at 10 a.m. for mass. Village at Lowry is located at 150 Quebec Street, Denver, 80230. If you would like to stay for lunch following the mass (at no charge), please call Courtney Kerschen to make a reservation.

• **CATHOLIC MASS, SUNDAY:** Sunday at 1 p.m. in CENTERPOINT. Homebound parishioners who would like to receive Communion may call Eucharist Minister Betty Lou Almon at 303-344-0405.

 WINDSOR GARDENS CHURCH, an interdenominational community, meets every Sunday at 10:30 a.m. in CENTERPOINT. Bible Study takes place in the COLORADO ROOM on Sunday mornings from 9 a.m. to 10 a.m.

Windsor Life

*Please Note:* Some paid listings in the below sections are for upcoming informational meetings, workshops, or seminars related to commercial products or services that are conducted by outside individuals or groups not affiliated with Windsor Gardens. Please be aware that the products or services discussed or offered during such meetings are not endorsed, sponsored, or approved by the Board of Directors or management of Windsor Gardens Association, nor is your attendance necessarily encouraged. Residents who attend such meetings are urged to carefully research the product or services that may be offered through these meetings before entering into any agreement or contract to purchase. The Windsor Gardens Association assumes no responsibility other than for the rental of meeting facilities. *—Tami Bonner, General Manager* 

#### XFINITY COMCAST TECHNICAL

**HELP:** A Comcast tech will be in the CENTERPOINT LOBBY on Wednesday, September 14, and Wednesday, September 28, from 9 a.m. to 12 p.m. and 1 p.m. to 5 p.m. to answer questions and assist with any problems related to your Xfinity service.

• **JERRY'S NUT HOUSE:** Friday, September 23, from 8 a.m. to 3 p.m. in CENTERPOINT LOBBY.

DENVER LIBRARY BOOKMOBILE

is here every other Friday from 2 p.m. to 4 p.m. on the street by the AUDITORIUM. Next visits: September 16 and September 30.

RTD GROCERY BUS takes two Thursday trips to King Soopers and Safeway.

Pickups at WG at 9:30 a.m. and 10:35 a.m.
The bus stops at the main entrance on Clinton St., continues around E. Center Ave., S. Alton Way, S. Clinton St., and then exits on E. Center Ave.

# ANNOUNCEMENTS

- Return pickups at King Soopers at 11:15 a.m. and 12:15 p.m.
- Return pickups at Safeway at 11:20 a.m. and 12:20 p.m.
- Bus fare is \$2.60. Cash, RTD bus passes, tokens and free ride coupons accepted.

 RTD SHOPPER SHUTTLE on Fridays to Target, WalMart and Sears near or at the Town Center at Aurora.

- Pickups at 9:30 a.m. The bus stops at the main entrance on Clinton St., continues around E. Center Ave., S. Alton Way, S. Clinton St., and then exits on E. Center Ave.
- Return pickups at Target at 11:30 a.m. and at WalMart at 11:45 a.m.
- Bus fare is \$2.60. Cash, RTD bus passes, tokens and free ride coupons accepted.

• **ALTERATIONS:** Mondays, 1 p.m. to 4 p.m., in the SEWING ROOM. Bring shoes you

plan to wear with item to be altered. All garments must be clean when brought in for alterations.

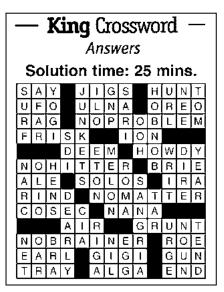
- WATCH REPAIR: Batteries replacement and minor repairs on the first Friday of each month from 9 a.m. to 11 a.m. in CENTERPOINT LOBBY.
- JEWELRY, SCARVES & GIFTS for sale on the third Tuesday of every month from 11 a.m. to 4 p.m. in CENTERPOINT LOBBY. A large assortment of jewelry, watches and rings.
- JEWELRY REPAIR & SALES on the second Thursday of the month from 11 a.m. to 3 p.m. in CENTERPOINT LOBBY. 30% Off Sale on jewelry. Most repairs while you wait. Magnetic clasps are \$5.
- **PAIN RELIEF LOTION** for temporary relief of minor aches and pains. Stop by for free sample on the 3rd Tuesday of month, 10 a.m. to 2 p.m., in CENTERPOINT LOBBY.

# **HEALTH SCREENINGS & SERVICES**

• **ACUPUNCTURE:** Every Wednesday and Friday in the DENVER ROOM by appointment. Call Dr. Liu at 303-819-3276.

 HEARING TESTS & HEARING AID REPAIR: Mondays, 1 p.m. to 3 p.m., in the ALL-PURPOSE ROOM. Bayer's Mobile Ear Clinic provides hearing tests, hearing aid repairs, batteries and wax management. Call 303-752-7200.

MASSAGE THERAPY: Therapeutic, Swedish, Deep Tissue massage every Tuesday and Thursday by appointment in the DENVER



ROOM. Therapist has worked at WG over 10 Years and has over 26 years of experience. \$50 per hour. Call Zhanna at 720-338-3821 to schedule.

**FLU SHOT CLINIC with VNA:** Tuesday, October 11, from 1 p.m. to 2:30 p.m. in the AUDITORIUM. \$30 for the four-strain variety shots. Medicare Part B, Humana, Rocky Mountain PPO & HMO, Signa, Signa Great West and Aetna insurances accepted. Bring your Medicare I.D. and supplemental insurance card.

• **REFLEXOLOGY:** Hands and feet treatments every Monday by appointment from 9 a.m. to 3 p.m. in the DENVER ROOM. One-hour session is \$50; half-hour session is \$30. Call

Marina at 303-363-8011 or 303-263-2045. Work guaranteed. House calls additional \$10.

WELLNESS CLINIC with VISITING NURSE ASSOCIATION: Tuesdays from 9 a.m.

to 12 p.m. in the ASPEN ROOM. Appointments required: call 303-698-6496. Toe nail cutting for \$30; fingernails for \$10; B12 shots are \$7. Blood pressure checks are \$3.

Kaiser patients may call to be approved for free foot treatments. If you're with Kaiser and come without pre-approval, you may be subject to private pay. Bring your Kaiser ID.

# SERVICES & PRODUCTS PRESENTATIONS

• MEDICARE STRAIGHT-TALK SEMINAR with KAISER PERMANENTE: Tuesday, October 4, 9:30 a.m. to 11 a.m. in CenterPoint. Come learn about the Medicare health plans offered by Kaiser Permanente. Conducted by Lori Matthews, Senior Advantage Sales for Kaiser Permanente. Please sign up at the Activities Desk.

 MEDICARE BASICS 101 hosted by TAL MARKETING: Wednesday, October 12, at 2 p.m. in CENTERPOINT WEST. According to a survey commissioned by 65 Incorporated, an organization focused on educating the Medicare-eligible population about the program, one in three seniors enrolled in Medicare doesn't understand the government program. The survey also found that there was confusion even among those who said they were well-educated about the program. Nearly 30 percent of seniors surveyed who said they understood at least the majority of Medicare were unable to identify their Medicare path or coverage types. There will be a short presentation followed by time for questions and answers. Please sign up at the Activities Office.

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# **Windsor Writers**

## **Theme: Pursuit of Happiness**

#### On the Pursuit of Happiness by Dennis Payton Knight

I first encountered the concept of "the pursuit of happiness" in an early lesson on the Declaration of Independence. I was only five or six then, but still had enough depth of thought to wonder why chasing after happiness was necessary when it was right there at the kitchen table, under my bed or hanging from trees in my backyard. Of course, I understood later that Thomas Jefferson only meant that the pursuit of happiness is a right endowed by our creator, not necessarily a job we must do as citizens.

A British novelist, Jeanette Winterson, captured my childhood thought and explained it in a grown-up way. "Pursuing happiness, and I did, and I still do, is not at all the same as being happy – which I think is fleeting, dependent on circumstances... If the sun is shining, stand in it – yes, yes, yes. Happy times are great, but happy times pass – they have to because time passes..."

The Oxford dictionary defines happy as "a feeling or showing of pleasure or contentment," and happiness as "the state of being happy." Oxford obliges us with synonyms like cheerful, joyful, carefree, untroubled, contented, smiling and beaming. We can be satisfied, gratified, buoyant, joyous, blissful or euphoric. Happiness can put us in seventh heaven, on cloud nine, walking on air and happy as a clam.

Happiness is a very individual thing. Some folks are able to live a devil-may-care existence full of exuberance and joy, without ever

feeling a need to go off in a pursuit of what they already have. More power to them, but most of us live an existence of a little trouble here, a little laughter there, a sour apple here, a sweet one there. We lose loved ones and loved ones come into our lives. For us, the state of being happy is the process of picking the low hanging fruit of happiness. We get enough of it without much pursuit, and so it is easy for us to declare that happiness is a state of mind.

It is not so easy for others. Picture yourself in the grip of a deep, chronic pain that exists only to remind you around the clock of your situation, during sleep, during meals, during whatever activities you can muster. It is hard, in depression, loneliness or pain, to reason yourself into a state of happiness. And the more reasonable you are, the more elusive happiness is.

That idea is expressed well by a contemporary American fiction writer, Jonathan Safran Foer, who wrote, "I think and think and think. I've thought myself out of happiness one million times, but never once into it."

And yet in your deepest state of blue, a kind word, even to yourself from yourself, or a helpful gesture given by another, can bring you joy for the moment. That is the lowest hanging fruit among all the fruit of happiness, and I hope more of it falls your way.

### The Pursuit of Hap by Hap Hansen

I decided to change the wording of 'In Pursuit of Happiness' just a little. I call it, 'The Pursuit of Hap.'

When I was a little boy, there was pursuit by my Mom with a big stick because I had done something wrong. Usually a daily occurrence. As I began to participate in sports, I found myself being pursued while carrying a football by a 250-pound fat kid who incredibly, could run faster than me!

A little older, I was pursued by the Draft Board to get me to register for the draft at age 18. Then I was pursued by the U.S. Army to get me into their ranks soon after age 18. Not long after, I was frequently pursued by a Master Sergeant who needed someone to

### The Pursuit by Nancy Martz

The hunt The chase The presumptive race To place tomorrow Misreckons the sun Who's out in front in rounds of tag While we, in perpetuity, lag Pursuing dreams To brighten eyes Which otherwise Are dim. do KP. For those of you unfamiliar with Army terminology, KP means Kitchen Police. How one could be called Kitchen Police while peeling a 50-pound sack of potatoes is beyond me!

Out of the Armed Forces and into college. My turn to pursue. A fraternity brother had introduced me to a girl, Carolyn, whom he knew in high school. A coffee date. One look at her and I was in pursuit! Unfortunately, she did not seem too interested. After several dates in pursuit, and what seemed like months, we sat down over dinner for some serious conversation. I pursued and presented her with an engagement ring with a diamond about the size of the head of a pin. I worked up the courage to ask her to marry me. After what seemed to be an interminable amount of time, she said, "Well, I can either accept the ring, or have you arrested for stalking!" She then accepted my proposal and my pursuit had paid off. At an engagement party at her sorority, I drew her aside and asked if she would tell my friends that she had pursued Hap! She laughed and quietly said, "Do you want me to call the stalk cops?" We were married several months later. We have three marvelous children and seven equally marvelous grandchildren.

Carolyn died on Valentine's Day, 2014, from complications of Alzheimer's disease. We had been married 57 years. But I am now happy. My personal pursuit of a deeper appreciation of happiness and a better knowledge of understanding will continue without her. I know they will come. Perhaps tomorrow.

# **Windsor Writers**

## Theme: Pursuit of Happiness continued

## The Relentless Pursuit of Happiness by Donna Bishop

In our Declaration of Independence Thomas Jefferson penned the words declaring that "All men are created equal with the inalienable right to Life, Liberty and the Pursuit of Happiness." A Wikipedia article states that in Jefferson's writing the words "pursuit of happiness" he meant that feeling of self-worth and dignity you acquire by contributing to your community and to its civil life.

In today's world our thoughts center on questions like, "What do I need or want to make me happy?" We tend to look outside of ourselves for something or someone to bring us happiness. The idea that happiness is an inside job just doesn't make sense to many people. As our society has placed increased value on material possessions our thoughts have turned to acquiring things to make us feel happy. More and more things will bring more happiness doesn't seem to be working.

A quote from Groucho Marx might set us on the right track. "I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it."

Windsor Gardens is fortunate to have an International Organization, The Optimist Club, which welcomes all people as members. The club's goal is to spread optimism through their programs to support young people in the metro area. The following words authored by Christian D. Larson in 1912 and adopted in 1922 as the Optimist Creed provide a successful guide in the pursuit of happiness: Promise Yourself ...

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and to press on to the achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

F. Scott Fitzgerald's words make our pursuit for happiness not so relentless:

"It was only a sunny smile, and cost little in the giving/But like the morning light it scattered the night/And made the day worth living."

## Happiness Is a State of Mind by Marilynn Reeves

#### How do you define happiness?

For some it is the accumulation of wealth. They dream of winning the lottery or finding that pot of gold at the end of the rainbow. "If only I could be a millionaire," they say, "then I could have all the things I want and I could be truly happy." Yet some of the happiest people in the world have little in the way of money – barely enough to scrape by. They may find joy in serving others, or in the secure love of friends and family. The pursuit of wealth isn't even part of their consciousness.

Some wish to attain fame. "If only I were famous, then the whole world would know my name. They would thrill at the very sight of me, ask me for my autograph, shout my name to the highest heavens. I could be happy if I were famous."

Others seek power. "If I were in a position of power, I could have my way in all things. People would grovel at my feet, acknowledge my superiority. I could be king of the world! That would be the ultimate happiness."

Many dream of falling in love. The agony and ecstasy of falling in love is a state of temporary insanity that we should all be allowed to experience at least once. Many of us fall in love with a new person several times over the course of a lifetime. Yet falling in love isn't the same as remaining in love, or simply being a loving person. The happiest people I know have the ability to love others without expectation of their affection being returned.

Happiness is different from joy. Joy is a temporary feeling of euphoria at having attained a goal long sought after. Whether it's winning a prize, being asked on a date by that special someone, or attaining recognition for something you've accomplished, joy is a fleeting sensation. Where do you go from there?

For me, happiness is losing myself in something that absorbs my full attention, whether it's listening to great music, reading a good book, observing the beauty of nature, or working on a project that I enjoy.

For me, happiness amounts to accepting myself as I am. Recognizing my faults and shortcomings and striving to do better – to be better – but learning to love myself for who I am, at this moment, warts and all.

For me, happiness is also accepting others as they are, without feeling the need to change them, even if we may disagree. For me, happiness is a state of mind.

# **Windsor Writers**

### In the Absence of Fear by Sheila Johnson

In retrospect, I am happy to report that in the midst of some of the most turbulent storms that life has presented to me, I have found more than my share of happy places. For instance, I find happiness in eating out at nice restaurants now and then; I find happiness in discovering a great shoe sale; I am happy spending time with my grandchildren; I am more than happy to teach math and science and Biblical accounts. But eventually the food is consumed, the shoes wear out, the grandchildren grow into contentiousness (every day spent with them is not euphoric), and students cannot retain 100 percent of what they have been taught. Happy is a temporary state of mind. Therefore, I've chosen to reserve "happy" for Mahogany, American, and Hallmark greeting card companies. They are happy with the revenue generated for special occasion well wishes. Our happiness is their responsibility and certainly their gain!

As a pastor, chaplain, and teacher, people often ask me to explain the difference between "happy" and "joy". I will usually respond with, "Everyone can put on a happy face, but we cannot fake joy it comes from within. Believers in most faith traditions will admit that joy is found in knowing that their God or gods have their back—that no matter how deep or dark the transgression may be, forgiveness and grace will be granted by their higher power."

There is something eternal about joy. Joy is usually associated with words like peace, communion with others, safe havens, and the absence of fear. Yet joy, as opposed to happiness, carries a heavier burden, a deeper commitment, and a higher price. So should we all be seeking happiness or joy? I have a story about joy. Layton, my grandson, was born with a genetic disorder that is identified by its abbreviated name as dup15q. On his DNA strand the fifteenth chromosome is duplicated. This duplication confuses chromosomes sixteen through twenty-three. The physiological and biological characteristics of this disorder present themselves differently in each person in the dup15g spectrum. In my experience with the children with dup15q in our local support group, I observed that they all smile and laugh a lot. Most are non-verbal, but they have created their own method of communication. Most will never be potty trained, they love to run free, they absolutely love water, they are not afraid of loud noises, barking dogs, lightening, or thunder. They are easily tickled and are immune to outside distractions. Imagine not having any fears, creating your own language, smiling and laughing all the time, running without boundaries, feeling safe in any storm, and having the ability to block out all distractions! Sounds like pure joy to me!

This may not sound like joy to most, and it is certainly challenging to parents, custodians, or caretakers, but these little ones are filled with joy! They don't know hate, racism, sadness, or fear. They may march to the beat of a different drum, but they never cease to march on for life. They may be non-verbal, but they sing their own melodies while creating their own words. Although they may never live independently, they will always be unaware of the burden they present. Should we be seeking happiness or joy?

## Flowers or FLOWERS! by Kay Mauser

I walk for various reasons each day. It has become a part of my life. The complex of Windsor Gardens is beautiful to walk around.

But sometimes in my hurried way to get from here to there I don't see everything. Oh, I see and hear the cars, which is good when crossing the streets, but actually seeing things is something else.

A young lady from PBS had come to Windsor Gardens for the first time to pick me up for a luncheon. She kept saying over and over how beautiful the grounds were. "The Flowers, the trees! I never dreamed there was such a beautiful place to live in Denver." Of course this made me very proud that I was living here. My son came to visit for the 4th and we walked to Blossoms. On the way we stopped at different entrances and took time to LOOK at the flowers.

My perception of flowers has changed. They are no longer Flowers but FLOWERS! As my escort from PBS had said, "What a beautiful place to live in."

And I say, Thank you, THANK YOU! to the grounds people who do the work to make this a BEAUTIFUL place to live!

### Beware My Son by Carole Gauntlett

Whoever first exposed me to the Nonsense Poem of Lewis Carroll must have read it in a most dramatic tone because I remember feeling just an ounce of fear whisked into my laughter.

For those of you who don't recall it:

Twas Brillig and the slithy toves Did gyre and gimble in the wabe All mumsy where the borogroves And the mome raths outgrabe. Beware the Jabberwocky my son!

So, here is my take on the political conventions in nonsense rhyme:

Beware the boistering zepublities

Twas baboonery and the cloving strump Did swythe and shumber in the bumble All futid where the blether skates And the lunk brunts out frumble

Beware next week the donkocrats

Twill be Hillothy and the planking Kaing who spool and cribble in the hank All putrie where the codwall wops And the brack Shtabs out schlank.

And this was my stultiloquent effort.



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1	Sharon Svastisalee	Elk, WA
6	Marguerite Huntingdon	Denver, CO
12	Robyn Sherwood	Denver, CO
19	Larry Burdick	Aurora, CO
21	Thomas Medina	Aurora, CO
26	Ronald Nowitz	Denver, CO
29	Kate Holland	Aurora, CO
32	Carol Hunter and Thomas Hoyer	The Villages, FL
32	Chuck Lacey	Denver, CO
34	Ken and Betty Stiles	Colorado Springs, CO
37	Beth Shiplett	Sheffield Lake, OH
37	Karen Allori	Denver, CO
47	Jessie Oliver	Denver, CO
53	Marsha Heller	Santa Fe, NM
54	Rita Giant	Aurora, CO
56	Jeanne Miller	Oneonta, NY
56	Melody Williams	Denver, CO
61	JoAnn Johnson	Aurora, CO
62	Johnny Boyd and Lynetta Adair-Boyd	Denver, CO
66	Sara Emmons	Denver, CO
66	Pam Comello	Richmond Heights, MO
80	Paul Stoffa	Grand Rapids, MI
82	Gerald Norman	W. Melbourne, FL

17

# Weekly SUDOKU by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

#### DIFFICULTY THIS WEEK: ◆

♦ ♦ ♦ HOO BOY!  $\odot$  2016 King Features Sync., Inc.

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Answers on page 13.								

King Crossword											
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#### Page 37

# **CLASSIFIEDS**

Classified Ad Rate: \$5 per 50 characters, including punctuation and spacing. Call 303-364-7485 for more information. Deadline for submission is the 15th of month prior to the month of publication.

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