

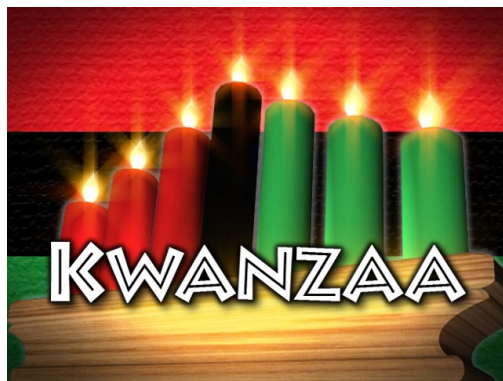
Allen Gardens
3030 Richard Allen Court
Denver, CO 80205

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MERRY CHRISTMAS



From the Manager's Desk —

Did You Know . . .



“It’s beginning to look a lot like Christmas.”

Jingle Bells, Jingle Bells, Jingle Bell Rock, Sleigh Bells Ring, Are You Listening, I’ll Be Home for Christmas, Walking in a Winter Wonderland, Santa Claus Go Straight to the Ghetto, and Santa Baby are some of our familiar songs serenaded during this holiday season.

Many Americans will decorate Christmas trees this holiday season, light Hanukkah candles, build gingerbread houses, and savor time with family and friends.



And across the country, many people will celebrate with less conventional — but no less beloved — local traditions, from lighting lobster trap trees in New England to caroling in caves in Wisconsin, to watching Santa surf in California.

In Denver, people keep their Christmas lights on until the National Western Stock Show ends in late January —however, when to put them up is a matter of personal preference and widespread debate. In St. Louis, costumed Santas perform flash mobs in busy streets and swim with aquarium

sharks. Kansas City holds an annual mass trombone concert at its historic Union Station.

Christmas is celebrated on 25 December. It is a holiday to celebrate the birth of Jesus Christ, who, according to the Christian religion, is the Son of God. The name is a joining of “Christ” and “mass,” which means the holy mass

(Continued on page 3)

From the Manager's Desk —

Did You Know . . .

(Continued from page 2)

(supper, celebration, or festival) of Christ.

What does the Bible say about celebrating Christmas?

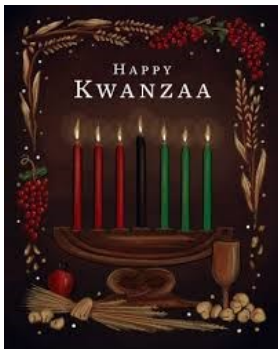
Scripture is silent on the issue of celebrating Christmas and gives no reason for Christians not to do so. It does, however, mention several annual celebrations that the Jewish people were supposed to remember. And that, in general, was what they were—times of remembrance of what God had done for them.

Many things we do at Christmas come from earlier festivals, like exchanging presents, eating a lot of food, and decorating a tree. We enjoy being with our families, making decorations and crafts, singing Christmas carols, listening to Christmas stories, and cooking delicious holiday treats that warm the heart and belly.

Christmas is a time of giving and sharing, a reminder of what God gave and shared with us: His Son, Jesus.

Every December 1, I reflect on this extraordinary gift, and this year is no different. With so much bad news, elections, and devastation in the world, this is good news worth celebrating! After all, this year has been an interesting journey for all of us.

How providential that Thanksgiving is the month before Christmas and the time we begin to seriously reflect on the earlier parts of the year and give thanks for all the great things and great people in our lives, and especially Jesus. It's a time to remember and embrace how he came to give love, hope, and joy. This message doesn't change from year to year. I



Sweet Potato Casserole with Pecan Sugar Topping

Even the non-sweet potato lovers will devour this side dish that could be labeled as dessert. So good, you may want to double the recipe and freeze the leftovers for a later date!

INGREDIENTS:

For the Sweet Potato Mixture:

- 3 large sweet potatoes (approximately 3 cups), cooked and mashed
- 1 cup sugar
- ½ tsp salt
- 1 tsp vanilla
- 2 eggs, beaten
- ½ cup butter, melted

For the Topping:

- 1 cup brown sugar
- ½ cup flour
- 1 cup pecans, chopped
- 3 Tbsp butter, melted



INSTRUCTIONS:

Preheat oven to 400°F. Wash and pat dry the sweet potatoes, then carefully prick multiple holes in each with a fork.

Bake the sweet potatoes on an aluminum foil lined baking sheet for 45-60 minutes, or until fork tender.

Remove from oven, let cool 15-20 minutes. Slice in half, scoop out potatoes from the skins into a large mixing bowl, and mash. Discard skins.

While sweet potatoes are cooling, mix the topping ingredients in a small mixing bowl until fully incorporated.

Drop oven temperature down to 350°F. Combine mashed sweet potatoes with the sugar, salt, vanilla, eggs and butter into the mixing bowl. Mix thoroughly.

Pour mixture into buttered casserole dish.

Sprinkle sweet potato mixture evenly with topping mixture.

Bake at 350°F for 30 minutes. Remove from oven and allow to set for 30 more minutes before serving.



DENVER PUBLIC LIBRARY BOOKMOBILE



DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:45a-10:45a: Cathedral Plaza 11a-12p: Marian Plaza 11:30a-12:30p: SWIC 2:30p-4p: Kavod</p>	<p>3 9:30a-10:30a: Higgins Plaza 10:30a-11:30a: Sinton's Sanctuary 11:30a-12:30p: Clermont Park 1p-2p: Samaritan House 3:30p-4:30p: Olin Apts</p>	<p>4 10a-11a: Allen Gardens 11:30a-12:30p: Westridge / Mulroy DHA & Walsh Manor 1:30p-3p: Sun Valley Kitchen 3p-4p: St. Martin Plaza</p>	<p>5 10a-11a: Hirschfeld 10:30a-11:30a: Tower at Speer 11:30a-12:30p: Cornerstone Apts 12p-1p: Courthouse Square 3p-4p: Montbello Manor 4:30p-5:30p: Meadows at Montbello</p>	<p>6 No Service</p>
<p>9 9:30a-10:15p: Marycrest - Harmony 10:20a-11a: Marycrest - Serenity 10a-11a: William Tell 11:30a-12:15p: Thomas Connole & Cottage Hill 2:30p-3:30p: Barth</p>	<p>10 10a-11a: Holy Family 11:30a-12:30p: Corona 12p-1p: Inner City Parish 1p-2p: N. Lincoln DHA 2:30-3:50: Legacy Lofts 3p-4:45p: Delores Project</p>	<p>11 10a-11a: Guadalupe 11:30a-12:30p: Dayspring 1p-2p: Vida DHA 3:30p-4:30p: Mariposa DHA & Sheridan Glen 4p-5p: Bluff Lake Apartments</p>	<p>12 10a-11a: Juanita Nolasco 11:15a-12p: Casa de Rosal 1:30p-2:30p: Barney Ford DHA 3:30p-4:30p: Westwood DHA 3p-4p: Tammen Hall</p>	<p>13 10:30a-11:30a: Colburn Apts 12p-1p: Halcyon House 2p-3:25p: The Argyle 2p-4p: Windsor Gardens</p>
<p>16 9:45a-10:45a: Cathedral Plaza 11a-12p: Marian Plaza 11:30p-12:30p: SWIC 2:30p-4p: Kavod 3:30p-5p: Quigg Newton</p>	<p>17 9:30a-10:30a: Higgins Plaza 10:30a-11:30a: Sinton's Sanctuary 11:30a-12:30p: Clermont Park 1p-2p: Samaritan House 3:30p-4:30p: Olin Apts</p>	<p>18 9:30a-10:30a: Mountain View/ Eliot DHA 10a-11a: Allen Gardens 11:30a-12:30p: Westridge / Mulroy DHA & Walsh Manor 1:30p-3p: Sun Valley Kitchen 3p-4p: St. Martin Plaza</p>	<p>19 10a-11a: Hirschfeld 10:30a-11:30a: Tower at Speer 11:30a-12:30p: Cornerstone Apts 12p-1p: Courthouse Square 3p-4p: Montbello Manor 4:30p-5:30p: Meadows at Montbello</p>	<p>20 No Service</p>
<p>23 9:30a-10:15p: Marycrest - Harmony 10:20a-11a: Marycrest - Serenity 10a-11a: William Tell 11:30a-12:15p: Thomas Connole & Cottage Hill 2:30p-3:30p: Barth</p>	<p>24 10a-11a: Holy Family & Searly Center 11:30a-12:30p: Corona 12p-1p: Inner City Parish 1p-2p: N. Lincoln DHA & Casa Loma 2:30-3:50: Legacy Lofts 3p-4:45p: Delores Project</p>	<p>25 NO SERVICE / LIBRARY CLOSED</p>	<p>26 10a-11a: Juanita Nolasco 11:15a-12p: Casa de Rosal 1:30p-2:30p: Barney Ford DHA 2p-3p: Drehmoor 3p-4p: Tammen Hall</p>	<p>27 10:30a-11:30a: Montview Manor 12p-1p: Halcyon House 2p-3:25p: The Argyle 2p-4p: Windsor Gardens</p>
<p>30 9:45a-10:45a: Cathedral Plaza 11a-12p: Marian Plaza 11:30p-12:30p: SWIC 2:30p-4p: Kavod</p>	<p>31 9:30a-10:30a: Higgins Plaza 10:30a-11:30a: Sinton's Sanctuary 11:30a-12:30p: Clermont Park 1p-2p: Samaritan House 3:30p-4:30p: Olin Apts</p>	<p>1 NO SERVICE / LIBRARY CLOSED</p>	<p>2 10a-11a: Hirschfeld 10:30a-11:30a: Tower at Speer 11:30a-12:30p: Cornerstone Apts 12p-1p: Courthouse Square 3p-4p: Montbello Manor 4:30p-5:30p: Meadows at Montbello</p>	<p>3 No Service</p>

For more information about Mobile Services,
Email: mobile-services@denverlibrary.org, Phone: 720-865-1112

Coordinator's Communique



SPA DAY

HAS THE HOLIDAYS AND THE YEAR STRESSED YOU OUT. NEED SOME TIME TO RELAX AND UNWIND.

WE'LL JOIN ON FRIDAY, DECEMBER 20, 2024

TIME: 11:00 am to 2:00 pm

LOCATION: 3rd Floor Community Room

LET'S RELAX AND HAVE SOME FUN

WEEKLY CHRISTMAS CRAFTS WITH BRITNI

**WEDNESDAYS DEC. 4, 11, 18 AT
1:00 PM 3RD FLOOR.**

WEEK ONE: Door or wall decorations



Coordinator's Communique

MEDICARE UPDATES & CHANGES

Medicare Part B is getting more expensive and outpacing inflation. Here's what you can expect to pay in 2025

[Medicare Part B](#) is one of the cornerstones of Medicare's health insurance, covering many common health expenses—doctor visits, outpatient care, preventive services, and certain medical equipment and home health services. Each year, changes to the Medicare Part B premium, deductible, and copays are determined based on stipulations of the Social Security Act, according to a [news release from CMS](#).

In 2025, the standard monthly premium for [Medicare Part B](#) will increase to \$185, an increase of \$10.30 per month from \$174.70 in 2024, the Centers for Medicare & Medicaid Services (CMS) [announced on November 8](#).

The increase for the 2025 Part B standard premium and deductible “is mainly due to projected price changes and assumed utilization increases that are consistent with historical experience,” according to the same news release.

Most Medicare Part B premiums are [deducted automatically from Social Security](#) benefit payments.



CMS also announced increases to Medicare Part A pricing in 2025.

[Medicare Part A](#) covers hospital stays, and at times covers home health care, skilled facility care, and hospice care.

While [99% of Medicare Part A beneficiaries pay no premium](#) (if they meet the requirements of having at least 40 quarters of Medicare-covered employment), deductibles and copays still apply.

These are the [2025 Medicare Part A pricing changes](#):

- The inpatient hospital deductible will be \$1,676 in 2025, an increase of \$44 from \$1,632 in 2024. The deductible covers the beneficiaries' portion of costs for the first 60 days of Medicare-covered inpatient hospital care during the benefit period.



Coordinator's Communique

- The copay for the 61st through 90th day of hospitalization will be \$419 per day (\$408 in 2024) during a benefit period, and \$838 per day for lifetime reserve days (\$816 in 2024).
- The daily copay for days 21 through 100 of extended care services in a benefit period in skilled nursing facilities will be \$209.50 in 2025 (\$204.00 in 2024).

For the 1% of Part A beneficiaries who pay the full premium, the amount will be \$518 a month in 2025, a \$13 increase from 2024.



Medicare Part D pricing changes

[CMS](#) also announced that similar to Part B, high-income individuals will pay more for [Medicare Part D](#) (prescription drug coverage) monthly premiums in 2025.



More on Medicare:

[3 big changes coming to Medicare in 2025](#). Here's what they'll mean for you
What Medicare beneficiaries need to know [about generic medications](#)

Medicare has a new pilot program to help people with dementia. [Here's how it works](#)

If you are denied coverage by Medicare, you have the right to appeal the decision.
[Here's how](#)

This story was originally featured on [Fortune.com](#)



Things Women Over 60 Are Told They Shouldn't Do — But They Should

The key messages you should feel free to ignore. **BY** [Caroline Leavitt](#)



Hair stories

If you go gray, you'll add 10 years to your age. If you don't go gray, you're not being natural. If you color your hair, you'll look younger. Every woman should cut her hair to look like an adult.

Then take Cher, who, while totally supportive of any woman who wants to stop coloring her hair, has said that going gray isn't for her, that she feels best with the same hair she had in her teens.

Want a gorgeous long fall of white hair? Go for it. Want to cut it an inch all over your head? Great. Want to dye your hair pink or blue or black? My mother-in-law, who died at 101, kept her bright orange beehive and dressed up every day in the loud silky prints she loved. Who was anyone to tell her not to when she got such joy out of it?



Do what makes you feel good. Even if you are the only woman doing it.

Sports

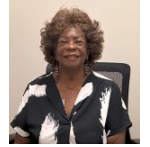
Be careful! Don't strain muscles or break bones or give yourself a heart attack. Bah humbug, says Alicia I. Arbaje, assistant professor of geriatrics and gerontology at the Johns Hopkins University School of Medicine in Baltimore. You can still build muscle and strength no matter what your age. Decline isn't inevitable. Want to know why? There are women in their 80s and even 90s running marathons or becoming bodybuilders. Things older women worry about, like loss of balance and falls, are actually — and often — caused by inactivity and not age at all.

Exercise boosts memory and helps prevent dementia. Being inactive is also worse for both your heart and your joints. Yes, check with your doctor. Yep, start slow. But if you think you can't be the odd woman out in a gym full of gorgeous young people in spandex, think again. You can be the inspiring older person, an example for them to follow. Don't want to go to the gym? Bring the gym home. I have both a rebounder and a stationary bike at home, and every time I use them, I feel stronger, calmer, and I know I'm doing something good for both my body and my mind.



Thinking you are old

Age is a number. Ask yourself instead, how old do I feel? And then be that person. Want to know the only real *shouldn't* for women over 60? People shouldn't tell other people



GIVING TO YOURSELF

This is the season for giving where we tend to focus on giving to others, making sure others have something to enjoy or treasure. It's so important, though, **TO GIVE TO YOURSELF BEFORE GIVING TO OTHERS** You cannot fully give or take care of others unless you do it for yourself first.

For events we consider too important to miss such as dental appointments, recycling day and many other "things to do", we often set calendar reminders. Why not do the same with a daily self-care list to prioritize your health? It's that important. Not practicing self-care can lead to mental health problems like anxiety and depression. Prioritizing self-care enhances your ability to live more positive, productive and less stressful lives



Self-care requires some self-examination. Ask yourself a few questions to get started on making a checklist that is best for you.



What are my priorities right now?

This often relates to what you have going on in your life. During the holidays, it may be spending time with family, balanced with some quiet time and needed for yourself. It could also be deciding if you can travel to visit or be the one responsible for hosting a holiday dinner or party.

What do I have time for? What can I do on a limited budget?

A weekend getaway could be just what you need. If that requires more days or money than you can spare, how about a day trip to a matinee, luncheon or museum? Do you really need to prepare a homemade meal for your sick friend across town on the same day you have out-of-town guests arriving, or would a delivery service from one of their favorite restaurants be appreciated?

Which parts of my well-being get less attention on a daily basis at the moment?

When is the last time you focused on breathing? Deep breaths allow your body to fully exchange incoming oxygen with outgoing carbon dioxide and have been shown to slow the heartbeat, lower or stabilize blood pressure and lower stress. Maybe your lower back is tightening up and a few stretches each day would help lessen the pain.

What can I cross off my to-do list?

Self-care can be about freeing up space for the things that matter in your life and removing

(Continued on page 11)

NURSE'S NEWS

those that steal your energy, even if they're for good causes. "Being able to just say no because it's not going to work for us falls under self-care," says Dr. Chase. "It's a way that we get to prioritize ourselves and it's okay to do that."

Categories of Self-Care:

This can include stretching, walking, focused breathing, relaxing your muscles, getting adequate sleep, hydrating and eating well. Each of these activities can help your body function to its best ability.

Social Self-Care

This includes connecting with others in a way that feels restorative or energizing, such as calling friends or family. "Self-care is interacting and socializing with others" says Dr. Chase. "It's really important to monitor one's screen time and social media use," says Dr. Chase. "That can be helpful given all the data and what we know about the negative impact of social media on one's mental health."



Emotional Self-Care

This involves identifying, acknowledging and feeling your emotions, as well as expressing your emotional needs and setting boundaries with others. "I emphasize setting boundaries like interpersonal, emotional, whatever those boundaries are for you," says Dr. Chase. "It can be challenging but it's very important." This category can also include counselling, asking for help, playing, laughing and even positive self-talk. According to research, something as simple as telling yourself "good job" when you complete a task can help begin to turn your thoughts and feelings in a happier direction.

Spiritual Self-Care

This has to do with beliefs, values and a higher purpose in life and might include exercise, meditation, music, religious worship, nature or volunteering. "For some, it's about meditation, just connecting with themselves," says Dr. Chase. "For others, they might have a preference towards whatever religious affiliation that they have. I think it's also getting enjoyable tasks done that can help you deal with conflict, maybe looking into something that brings you joy."

Make self-care a priority by exploring some of the items on this self-care checklist! Cross off what doesn't fit your life right now and add the things that do.

- Practice deep breathing
- Meditate or pray
- Do yoga or stretching
- Say a positive phrase to yourself
- Do something creative
- Say no to an invite or favor
- Connect with family or friends
- Participate in a support group

*REMEMBER
TO GIVE
YOURSELF
GRACE

Fitness Zone: Senior Seated Pilates

To stay fit in winter as a senior, consider the following tips¹

1. **Get up and move around:** Incorporate movement into your day with stretches and regular physical activity.
2. **Build strength and balance:** Maintain balance to prevent injuries.
3. **Focus on maintaining full range of motion:** Strength training is important, but so is maintaining a wide range of motion.
4. **Stay consistent:** Consistency is vital to stay physically active, especially for older adults.
5. **Join a walking group,** consider swimming at an indoor pool, try community exercise classes, and explore home workouts.

Exercise your mind and train for seniors. Bingo is a a lot of fun join



games designed specifically for us.



www.takinglongwayhome.com

Join Jocelyn on Tuesdays and Thursdays from 1:30 to 2:30 pm 3rd Floor Community Room for Senior Seated Pilates

December FOOD TRUCK MENU

MENU

NUTRITION INFORMATION

DECEMBER 2ND-6TH

Chicken and Dumpling Stew
 Warm Cinnamon Apples
 Roasted Brussel Sprouts
 Wheat Roll with Margarine
 Banana
 1% Milk

Calories: 587
 Fat: 12g
 Saturated Fat: 1g
 Protein: 29g
 Total Carbohydrates: 98g
 Fiber: 12g
 Sodium: 957mg
 Potassium: 1438mg

DECEMBER 9TH -13TH

Honey Garlic Pork Chops
 Corn and Asparagus Tips
 Mashed Potatoes
 9-Grain Bread with Margarine
 Orang
 1% Milk

Calories: 979
 Fat: 39g
 Saturated Fat: 11g
 Protein: 40g
 Total Carbohydrates: 122g
 Fiber: 11g
 Sodium: 789mg
 Potassium: 1292mg

DECEMBER 16TH-20TH

Beef Goulash
 Herbed Green Beans
 Baked Squash
 Multigrain Roll with Margarine
 Pear
 1% Milk
 Chocolate Chip Cookie

Calories: 818
 Fat: 21g
 Saturated Fat: 6g
 Protein: 50g
 Total Carbohydrates: 114g
 Fiber: 14g
 Sodium: 837mg
 Potassium: 1955mg



HAPPY HOLIDAYS



Office Hours
Mon-Fri
9:00am - 4:30pm
303-322-1377



(for maintenance requests and other issues)

IF YOU HAVE A MEDICAL EMERGENCY, Call 911!

After-hour maintenance or emergencies	
Mon - Fri, call:	Weekend hours, call
<i>Ruth Anderson, 720-385-8767</i>	<i>James Kelley, 720-434-8892</i>

Memory Joggers

Allen Gardens is a *Non Smoking* building. This means no cigarettes and no marijuana, even in your apartment! Ask us how to stop smoking with smoke cessation classes and literature. We want to help! We want you to succeed!



- **When the Manager's office door is closed, please come back later. Please see the Service Coordinator or the Nurse if you need immediate attention during that time.**
- **Rent is due on the first of the month payable through the fifth.**
- **Therefore, you are late after that. Please note a late fee will be charged.**



This is still not being observed, this includes your guest, these spots are for staff, cleaning crew, vendors. CARS WILL BE TOWED **WITHOUT NOTICE.**

DON'T BE THE FIRST



MAINTENANCE REMINDERS

We are continuing to see the dumpsters overflowing. This is a huge problem, the cost when this happens is \$200.00 for overflow.

If this continues we will pass the cost on to those who are overloading the bins. Remember there is another bin if needed.



TRASH PICK UP DAYS: MONDAY, WEDNESDAY, AND FRIDAYS

Call the office for large items you're throwing away to arrange for Big Item Pick-Up.

FEE INCREASE NOW \$55.00 fee per large item. If it is bed, box spring, couch or any fabric material, etc. it must be wrapped in bubble wrap. They will not take otherwise.

Break down boxes and take them to the outside dumpster.

PLEASE KEEP THE TRASH ROOM CLEAN. PICK UP ANY TRASH THAT IS DROPPED



PEST CONTROL IS THE 3RD THURSDAY OF THE MONTH. YOU MUST LEAVE YOUR APARTMENT DURING THE PROCESS

REMEMBER TO CLEAN YOUR AIR FILTERS AS YOU WILL BE CHANGING FROM AIR CONDITIONING TO HEAT



Maintenance will be updating your GFI'S in the never future



DEVINE POWELL 12/02
 NOEMI ALICEA 12/06
 SHIRLEY FRAZIER 12/16
 PARSENIA BRYANT 12/25



December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 RENT DUE	2 EVERY DAY EATS FOOD BOXES RENT DUE	3 FOOD TRUCK EXERCISE RENT DUE	4 XMAS Craft with Brittni RENT DUE	5 EXERCISE RENT DUE	6	7
8 RENT DUE	9 RENT DUE	10 FOOD TRUCK EXERCISE RENT DUE	11 XMAS Craft with Brittni RENT DUE	12 EXERCISE LET'S CHAT 1:00 PM	13	14
15	16	17 FOOD TRUCK EXERCISE	18 XMAS Craft with Brittni	19 EXERCISE PEST CONTROL	20 SPA DAY 	21
22	23	24 Office Closed Half Days	25 CHRISTMAS 	26 Office Closed Half Days	27 Office Closed Half Days	28
29	30 Office Closed Half Days	31 				