



The Garden Gazette

November 2024



Allen Gardens
3030 Richard Allen Court
Denver, CO 80205
303-322-1377

THANKFUL & GRATEFUL
 & THANKS
 BLESSED SO
 WELCOME FALL
 FOR you pumpkins AND spice
 fall AND ALL THINGS NICE
 IN ALL THINGS, GIVE thanks
 1 THESSALONIANS 5:18
 THERE IS always SOMETHING TO BE THANKFUL FOR.
 AUTUMN

© Stamp Simply Ribbon Store
 SS-020 Welcome Fall

Table of Contents

<i>From the Manager Desk</i>	2
<i>November Election Guide</i>	3 – 5
<i>Coordinator’s Communique</i>	6 – 8
<i>November Recipess</i>	8
<i>Thanksgiving Humor</i>	9
<i>Nurses News</i>	10 – 11
<i>Senior Fitness Zone</i>	12
<i>Food Truck Menu</i>	13
<i>Memory Joggers</i>	14
<i>Maintenance</i>	15
<i>Calendar</i>	16



There's so much to enjoy about Thanksgiving, from visiting with family to enjoying the season. It's time to start making plans for all of your pie baking and signature side dishes that will be on your buffet this year.

Then there's the Thanksgiving menu: the turkey and your favorite side dishes, like mashed potatoes and gravy, dressing and cranberry sauce. But we know what everyone is actually thinking about come dinner time. It's all those pies cooling in the kitchen. Thanksgiving is not over until you've had a slice (or three of pie).



On a serious note, amidst all the busyness of feasting, we all want to be intentional about ways to give thanks in this season.

Late autumn always comes with the opportunity to reflect on the earlier parts of the year and give thanks for all the great things and great people in our lives. It's a time to remember and embrace those who enrich our lives. Thanksgiving provides the perfect time to let those closest to you know just how much they are appreciated. And we all want to be intentional about ways to give thanks to family and friends in this season. How about a special note or greeting, it can be an emotional wish of appreciation depending on the relationship, looking for something a bit lighter to share instead, try writing a silly Thanksgiving joke or witty meme, even funny thank you messages to make one smile or a Thanksgiving bible verse always works for a day of gratitude and praise.

And to all of you,

Happy Thanksgiving!

Out of everything I am so thankful for this Thanksgiving season,

Life, a reasonable amount of good health, a beautiful family, and your friendship are all at the top of the list.



2024 Denver Election Guide



Translation by El Semanario | El Semanario



BALLOT ISSUES ARE EITHER:



A REFERENDUM

A proposal by the Legislature which is referred to citizens for a vote.



AN INITIATIVE

A proposal by citizens who have gathered the required number of signatures.

Once a Referendum or Initiative meets the requirement to be placed on the ballot, it is then referred to as either an **AMENDMENT** (a change to the state Constitution) or **PROPOSITION** (a change to a state statute).

THE LEAGUE OF WOMEN VOTERS OF COLORADO

WHERE THE LEAGUE STANDS

2024 STATEWIDE BALLOT ISSUES INFORMATION

The League of Women Voters of Colorado Ballot Issues educational materials provide nonpartisan information on the statewide ballot issues to promote informed voter participation.

LWVCOLORADO.ORG/BALLOT-ISSUES



FIND OUT THE STANCE THE LEAGUE TAKES ON THE BALLOT MEASURES:

LWVCOLORADO.ORG/WTLS



FOR IN DEPTH INFORMATION ABOUT WHAT A YES OR NO VOTES MEANS:

LWVCOLORADO.ORG/BALLOT-ISSUES

CHECK OFF THE YES/NO BOXES TO PLAN YOUR VOTE

FOR IN DEPTH INFORMATION ON BALLOT ISSUES VISIT OR SCAN:



LWVCOLORADO.ORG/BALLOT-ISSUES

AMENDMENT G

Modify Property Tax Exemption for Veterans with Disabilities

- YES** Expands the existing homestead exemption to include veterans whose disability is rated as making them unemployable, reducing their property taxes.
- NO** Means the existing homestead exemption remains available only to veterans whose disability is rated 100 percent permanent and total.

AMENDMENT H

Judicial Discipline Procedures and Confidentiality

- YES** Creates an independent adjudicative board made up of citizens, lawyers, and judges to conduct judicial misconduct hearings and impose disciplinary actions, and allows more information to be shared earlier with the public.
- NO** Means that a select panel of judges will continue to conduct judicial misconduct hearings and recommend disciplinary actions, and cases remain confidential unless public sanctions are issued at the end of the process.

AMENDMENT I

Constitutional Bail Exception for First Degree Murder

- YES** Allows judges to deny bail to a person charged with first degree murder when the judge determines that the proof is evident or presumption is great that the person committed the crime.
- NO** Requires judges to set bail for all persons charged with first degree murder.

AMENDMENT J

Repealing the Definition of Marriage in the Constitution

- YES** Repeals language in the Colorado Constitution that defines a valid marriage as a union between one man and one woman.
- NO** Maintains the current language in the Colorado Constitution that defines a valid marriage as a union between one man and one woman.

AMENDMENT K

Modify Constitutional Election Deadlines

- YES** Results in earlier deadlines for certain election filings and the publication of ballot measures in newspapers.
- NO** Maintains current constitutional deadlines for election filings and the publication of ballot measures in newspapers.



May 01, 2024 Does voting matter? The clear answer is “yes!”



Voting is a key element of civic engagement and a critical part of the democratic process. As the late civil rights icon and U.S. Rep. John Lewis said, “The vote is precious. It is almost sacred. It is the most powerful nonviolent tool we have in a democracy.”

Voting can change your life. Here are five reasons to vote:

- 1. In a democracy, you get a say in things that are important to you.**
[Your vote holds elected officials accountable](#) for their actions. It forces them to listen to you and the issues that most concern you. Your vote is your report card on lawmakers. If you’re not content with the job an elected official has done, you can use your vote to remove that official from office.
- 2. The policies shaped by elected officials affect your life.**
While federal elections typically have the largest voter turnouts, voting in your state and local elections is just as important. What happens in your town, city and state will affect your everyday life. Laws at the local level affect taxes, health and public safety, education, recreation, economic development and more. States regulate issues like health care and tenants’ rights. They determine how long children stay in school, manage infrastructure, spur job creation and do much more.
- 3. You pay taxes.**
Your vote gives power to the people [who will spend your tax money](#). Help ensure that money is used in a responsible and efficient way by voting.
- 4. Rights are not necessarily guaranteed.**
Voting is one of the many privileges of living in a democratic society. While every American citizen has the right to vote today, we are seeing [attacks on voting equity](#), including gerrymandering, voting restrictions, misinformation and election intimidation. Voting is a critical right we must protect, and that begins by exercising our right to vote in elections at every level of government.
- 5. You matter.**
[Young voters](#) bring diverse points of view on issues affecting their generation. Engaging in the process early will help make it a habit throughout your life, providing you with the opportunity to shape the future.

Bernadette Kinlaw is a copy editor for the Southern Poverty Law Center.

***ELECTION DAY IS TUESDAY NOVEMBER 5, 2024
BALLOTS MUST BE RECEIVED BY 7:00 PM***

AMENDMENT 79

Constitutional Right to Abortion

- YES** Places the right to abortion in the Colorado Constitution and repeals the current ban on state and local funding for abortion services.
- NO** Continues the ban on state and local funding for abortion services and maintains the authority of the state legislature to determine the legality of abortion in the State.

AMENDMENT 80

Constitutional Right to School Choice

- YES** Creates a constitutionally protected right to school choice for K-12 children and their parents, and specifies that school choice includes public, private, homeschool, and any future innovations in education.
- NO** Maintains the current system of school choice in state law.

PROPOSITION JJ

Retain Additional Sports Betting Tax Revenue

- YES** Allows the state to keep and spend more money for water projects when sports betting tax revenue is collected above the amount previously approved by voters.
- NO** Means the state will pay refunds to casinos and sports betting operators when sports betting tax revenue is greater than the amount previously approved by voters.

PROPOSITION KK

Firearms & Ammunition Excise Tax

- YES** Creates a new tax on firearms, firearm parts, and ammunition, and uses the revenue for crime victim services, mental health services for veterans and youth, and school safety programs.
- NO** Means the state's taxation of firearms and ammunition will not change.

PROPOSITION 127

Prohibit Bobcat, Lynx, and Mountain Lion Hunting

- YES** Makes it illegal to hunt bobcats, lynx, and mountain lions in Colorado.
- NO** Continues to allow the hunting of bobcats and mountain lions, as it is currently regulated by the state. Hunting lynx would remain illegal under state and federal law.

PROPOSITION 128

Parole Eligibility for Crimes of Violence

- YES** Requires a person convicted of certain crimes of violence to serve at least 85 percent of their sentence in prison before being eligible for discretionary parole or earned time reductions, and makes a person convicted of a third or subsequent crime of violence ineligible for earned time or discretionary parole.
- NO** Keeps the current requirement that a person convicted of certain crimes of violence serve 75 percent of their sentence in prison before being eligible for discretionary parole, minus earned time for progressing in personal, professional, or educational programs.

PROPOSITION 129

Establishing Veterinary Professional Associates

- YES** Establishes the new regulated profession of veterinary professional associate as a provider of veterinary care, alongside veterinarians, veterinary technicians, and veterinary technician specialists.
- NO** Allows only veterinarians, veterinary technicians, and veterinary technician specialists to be regulated providers of veterinary care in Colorado.

PROPOSITION 130

Funding for Law Enforcement

- YES** Directs the state to provide \$350 million in additional funding to local law enforcement agencies to improve officer recruitment and retention, and requires the state to provide a one-time \$1 million death benefit to the family of each state and local law enforcement officer killed in the line of duty.
- NO** Continues current levels of funding for local law enforcement agencies, and families of law enforcement officers killed in the line of duty will continue to receive existing benefits provided by current law.

PROPOSITION 131

Establishing All-Candidate Primary and Ranked Choice Voting General Elections

- YES** Establishes an all-candidate primary for all voters regardless of their political party for certain offices and advances the top four candidates to a general election where voters rank the candidates in order of preference, once certain conditions in state law are met.
- NO** Continues the existing primary election system and the current method of selecting candidates and counting votes at general elections.

Coordinator's Communique



MEDICARE UPDATES

Personal emergency response system for **ATENA** Clients. We cover a personal emergency response system to provide you with access to help in the event of an emergency, 24 hours a day, 7 days a week. This benefit includes the equipment (in-home or mobile with GPS), shipping, fulfillment, monitoring and customer service. You may call LifeStation at this toll-free number 1-855-798-9948 to sign up.

Physician/Practitioner services, incl \$0 copay for the personal emergency response system.

MEDICARE 2025

Changes to Medicare Are Coming in 2025: 2025 will bring a rise in premiums, along with a new cap on medication costs.

The Centers for Medicare & Medicaid Services is sketching out changes coming to Medicare in 2025. Right now, the CMS has details on what to expect for Medicare Part D plans and intends to fill in details for Parts A, B and C in the coming weeks and months. In 2025, more rules from the 2022 Inflation Reduction Act will kick in, which has the potential to dramatically affect how much participants pay for medications.

Each year, the Social Security Administration determines what the costs associated with the Medicare program will be. It then either raises or lowers premiums and deductibles using rules set out in the Social Security Act. The CMS is expected to fill in Medicare 2025 changes over the coming weeks and months.

PLEASE JOIN US ON NOVEMBER 6 FROM 10:00-1:00 TO REVIEW YOUR CURRENT PLAN. A SIGNUP SHEET WILL BE PROVIDED.

Coordinator's Communique

THIS IS A **SECURE BUILDING** BUT WE ARE CONTINUING TO LET PEOPLE IN THE BUILDING WE DO NOT KNOW OR WHO THEY ARE GOING TO SEE. THERE IS THE KEYPAD FOR THEM TO RING THE TENANT*****



PLEASE BE MINDFUL WHO YOU LET IT.



IF YOU ARE ORDERING FOOD, SUPPLIES, ETC. PLEASE ENSURE YOUR APARTMENT IS LISTED AND YOU ARE THERE TO RECEIVE YOUR ITEMS.

PLEASE DONOT USE YOUR **CANES ON PADS** TO OPEN DOORS THIS IS A HEALTH CONCERN AS OTHERS USE THEIR HANDS.

Remember due to updated rules from HUD there will be a lot of changes and construction, please be mindful and courteous.

When does daylight saving time end? When to change clocks in fall 2024

In 2024, daylight saving time ends at **2 a.m. Sunday, Nov. 3.**



November Recipes

Easy Turkey Noodle Soup

Any holiday, turn leftover turkey into a turkey noodle soup. Hearty, comforting, flavorful and healthy, it's a great way to transform your Thanksgiving leftovers into a new meal. And if you don't have turkey, just use leftover rotisserie chicken!

Leftover turkey, vegetables in the drawers, broth, can all be put to good use in this homemade turkey soup recipe.

- **Leftover cooked turkey:** Thighs, breast, carcass and bones or a combination.
- **Broth:** You can use either homemade or store-bought chicken broth or turkey broth.
- **Veggies:** Onion, garlic, carrots and celery. Use what you have.
- **Pasta:** Any short pasta, egg noodles, or gluten free pasta works.
- **Seasonings:** Bay leaf, salt, freshly ground black pepper and dried thyme.

Fresh herbs: Parsley, dill, or green onion adds another layer of flavor at the end. Don't skip.

Use this basic recipe as a guideline and make it your own with any of your [healthy Thanksgiving recipes](#) leftovers.

Sauté veggies first: Add diced onion, carrots, celery and minced garlic with olive oil into a pot first. Sauté for 5 minutes, stirring a few times.

Add meat and broth: Add shredded cooked turkey, broth, dried thyme, salt, pepper and bay leaves. Allow it to simmer for 15 minutes until veggies are tender

Add noodles and cook for another 5 minutes

Stir and serve: Discard bay leaves as well.



Thanksgiving For One

Turkey, Dressing, Sides, and Desserts

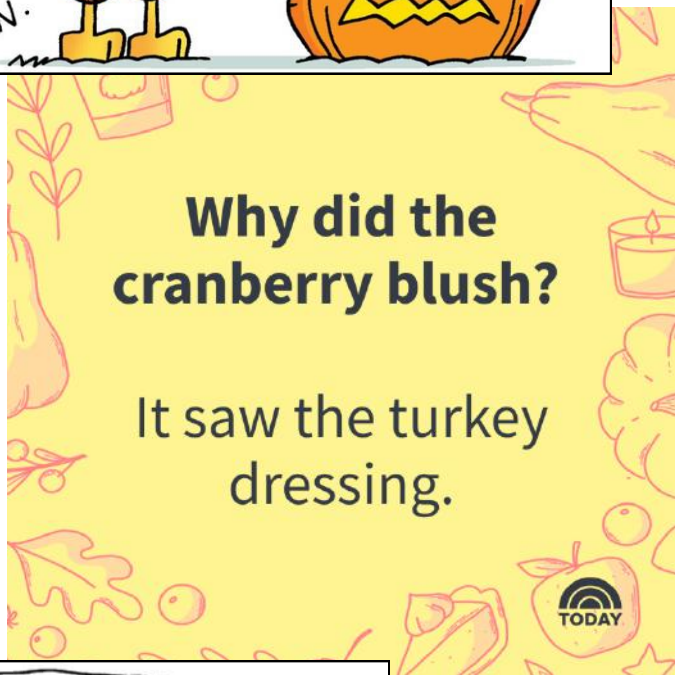
single serving recipes





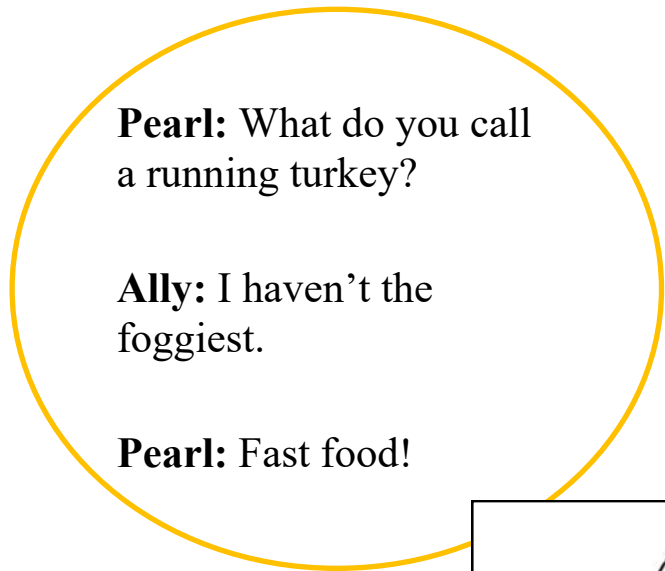
What happens
when potatoes
drink too much?

They get mashed.



Why did the
cranberry blush?

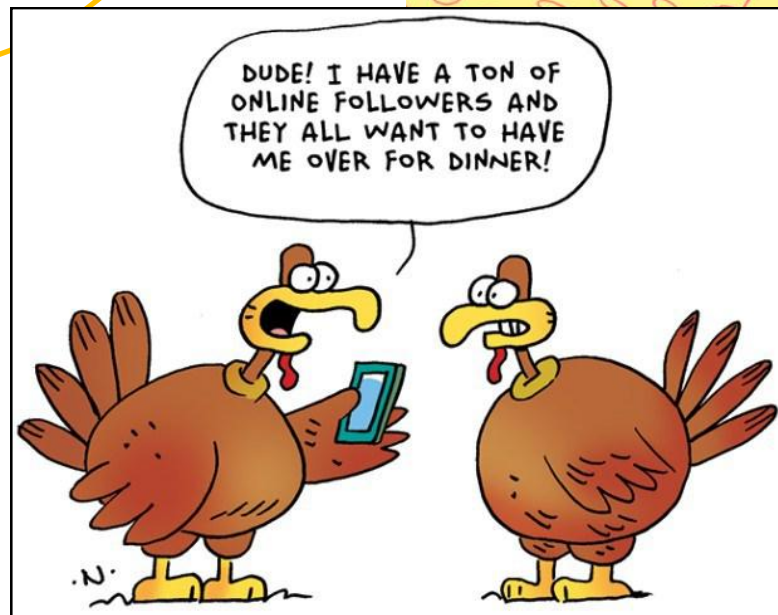
It saw the turkey
dressing.



Pearl: What do you call
a running turkey?

Ally: I haven't the
foggiest.

Pearl: Fast food!





6 Tips to Manage Stress Over the Holidays and Beyond

From decking the halls to making a feast, the holidays can be anxiety-ridden for even the healthiest of people. Adding a cancer diagnosis to the mix can make for an overwhelming experience. But there are ways cancer patients and caregivers can take back the holidays (and reduce stress) so they can enjoy this time of year even in the midst of illness.

In fact, Nicole Feingold, MA, director of Patient Services at the Pancreatic Cancer Action Network, said participating in holiday events can be a great way to take your mind off current challenges.

“If a patient feels up to it and they get the sign-off from their medical team, participating in as many or few holiday events as they’d like is encouraged,” Feingold said. “It can provide a fun, needed distraction. This idea also applies to the patient’s friends, family and caregivers. Only participate in what you feel comfortable doing.”

1. Planning is Key

No matter what holiday you’re celebrating, chances are you want to do it in the same way you have in previous years – dinner with family, opening presents, attending parties. Make attending these events your Plan A. If you feel up to it – go. Stay as long as you feel comfortable and don’t beat yourself up if you need to head home early.



Have a Plan B in place in case you’re tired, emotional or just need some downtime. For example, let’s say you and your friends planned to go to the town square for a Christmas tree lighting but now you’re having second thoughts. Your Plan B could include watching a live stream of the lighting from home or lining up a few movies to get you in the holiday spirit.

2. Honesty is the Best Policy

First, be honest with yourself by taking a few moments to think about how you are feeling. Then be honest with everyone else. There are so many obligations at this time of year – it’s okay to skip out on some of them. If you are feeling fatigued, take a nap or break activities into smaller, more manageable tasks. If you are feeling overwhelmed, consider stress-reducing activities like yoga, exercise or acupuncture. However, always speak to your



healthcare team before initiating new wellness practices.

3. Traditions: Old and New

The holidays are a time wrought with tradition, but a cancer diagnosis can bring lots of unexpected changes and challenges. Decide which traditions you want to keep, which you want to let go of and which you want to change. If you always host dinner, but you aren't feeling up to the preparation, cooking and cleanup, consider altering the tradition slightly. Maybe you decide to host a potluck dinner instead of doing all the work yourself. Another idea – have a meal in a restaurant instead, or ask another friend or family member to host everyone.

Remember, new traditions have to start somewhere, so there's no wrong way to do it.

4. Be Careful with Overindulging

From cookies at the office to elaborate meals out with friends, the holidays present a time to overindulge in your favorite guilty pleasures. Keep track of what you're eating and drinking and how you feel afterward. If you overeat or drink one day, consider balancing it out by making healthier food and drink choices in the following days.

5 Communicate, Communicate, Communicate

Sometimes you may need to vent – bad days are inevitable. Other times, you may need to tell loved ones how much they mean to you – it's okay to feel emotional. And if you need help, ask – people want help. While some friends or family may be tapped into your emotions, others may lack awareness. Whatever your needs, communicate how you are feeling and how others can help with obstacles.



to

6. Don't Leave Yourself Out

While you're busy giving gifts to all of the important people in your life, don't forget yourself. Gift yourself the downtime to relax or treat yourself to something you really enjoy. Buy something nice, like a cozy blanket or a hearty meal, if it will bring you greater comfort. Whatever you choose, be sure to care for yourself – especially if you're in the midst of caring for everyone else.

Fitness Zone: Senior Seated Pilates

November! Welcoming the cooler weather along with (not so welcome) less daylight.

If you are still able to drive, please keep in mind of the shorter days! Don't get caught out later (it's a great habit to be sure to schedule appointments and just being out and about to do your best to make it back home no later than 4:30. A little story about the importance of movement; Moving your body is one of the best things to do for yourself. It helps not only with circulation, but with your bone strength and your MINDSET! In other words, movement works for your overall WELLNESS!

Keep the house with the wonderful aroma of SOUP! If you did not try soup last month, you have time to plan a few soups for the Winter Season!

Soup of Greens! This soup will allow you to pick whatever type of greens you enjoy putting them all together to enjoy. It's also a terrific way to get family members involved, OR to work your stress off by cutting up your greens. Pick greens such as: cabbage, mustard greens, collards, chard. You will also want to add carrots and even beets (the more vegetables the healthier). Take your time cutting them up (watch how it makes you feel). While chopping greens, heat a large pot of water and broth, (pick whichever flavor you wish). You also want to add onions. Get those greens and onions in that pot of broth and water to a boil. Once boiling, add the rest of your veggies and enjoy the aroma. I gave you the ingredients BUT how about protein!! Another important thing to add (backwards) chicken! Did you know that bone broth (from the chicken) can add so much more protein and nutrients for you? Beans and lentils are another way to add protein as well.

Pilates class on Tuesdays and Thursdays at 1:30 continue to help strengthen our knees and core along with memory. All participants see the results and love to learn the importance of consistency when it comes to this type of exercise. This class will also totally help you when it comes to balance and strengthening your body. Please remember to stay hydrated! **Drink That Water!**

See you soon!

PLEASE JOIN JOCELYN EVERY TUESDAY & THURSDAY FROM 1:30-2:30 PM
THIRD FLOOR COMMUNITY ROOM.

November FOOD TRUCK MENU

MENU

NUTRITION INFORMATION

NOVEMBER 4TH - 8TH

Broccoli and Cheddar soup
Cobb Salad
Whole Wheat Dinner Roll
Orange
Santa Fe Trail Mix
Milk

Calories: 981
Fat: 36g
Saturated Fat: 10g
Protein: 62g
Total Carbohydrates: 110g
Fiber: 11g
Sodium: 896mg
Potassium: 2355mg

NOVEMBER 11TH-15TH

Chicken Thighs with Au Jus
Brown Rice
Roasted Butternut Squash
Salad with Cranberries and Pecans
Bran Muffin with Margarine
Applesauce
Milk

Calories: 1413
Fat: 62g
Saturated Fat: 11g
Protein: 52g
Total Carbohydrates: 162g
Fiber: 13g
Sodium: 846mg
Potassium: 1379mg

NOVEMBER 18TH-22ND

Winter White Chili
Super Greens Salad
Sourdough Bread with Margarine
Fresh Pear
Milk
Oatmeal Raisin Cookie

Calories: 849
Fat: 27g
Saturated Fat: 4g
Protein: 45g
Total Carbohydrates: 112g
Fiber: 15g
Sodium: 789mg
Potassium: 1242mg

NOVEMBER 25TH-27TH

Turkey Meatballs with Pesto Sauce
Orzo Pilaf
Roasted Broccoli
9-Grain Bread with Margarine
Citrus Cup
Milk
Chocolate Chip Cookie

Calories: 776
Fat: 29g
Saturated Fat: 5g
Protein: 39g
Total Carbohydrates: 95g
Fiber: 10g
Sodium: 1056mg
Potassium: 895mg



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.**
- **Resident Council meets the 2nd Tuesdays at 6:00 pm on the 3rd floor**



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 near future





NOVEMBER 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
3	4	5	6	7	8	9
		FOOD TRUCK EXERCISE 	BOOK MOBILE MEDICARE REVIEW	EXCERISE		
10	11	12	13	14	15	16
	 Office closed	FOOD TRUCK EXERCISE		EXERCISE	CRAFTS WITH SHORTE	
17	18	19	20	21	22	23
		FOOD TRUCK EXERCISE	BOOK MOBILE	PEST CONTROL EXCERISE		
24	25	26	27	28	29	30
		FOOD TRUCK EXERCISE		THANKSGIVING 	Office Closed	