



THE MIRROR



FRASIER



Monthly News of Frasier Meadows Retirement Community

Volume 55

November 2016

Interest in New IL Apartments

Reservations and deposits for apartments in the new building have begun with an overwhelmingly positive response. Patti Hutton, sales consultant with Retirement DYNAMICS, reported at the October 12 Board meeting the status of the deposit process which began on October 4. The marketing team had contacted 42 of the 176-member priority list; scheduled 28 meetings, with 13 of those meetings resulting in a selection of one of the new apartments.

Patti said that these results are right where Frasier projected we would be at this early stage of the reservation process.

Tim Johnson provided an additional update at the October 15th *Tuesdays with Tim* meeting, reporting that, as of that meeting, there are now 19 new apartment reservations in process with deposits received.



Resident Council Committees

Perhaps everyone is aware of the elected Resident Council officers, namely, the Executive Committee and the floor officers. In addition, a host of residents participate in Resident Council business through committees. Our bylaws specify 3 types of committees: advisory, standing, and ad hoc. Advisory committees provide links between the Council and FMRC administration. They meet regularly, and each floor should be represented on these committees to facilitate resident input to committee discussions.

Standing committees have a singular purpose often requiring volunteer commitment on a regular schedule; they are overseen by one or two individuals and meet only as required. Ad hoc committees address a singular issue and are dissolved when their task is completed.

Chairs of committees are appointed at the beginning of each Council program year. They serve for a one-year term and may be reappointed. Each Committee Chair recruits residents to serve, one year at a time. Other than considerations related to a practical maximum size, committees

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welcome interested residents wishing to contribute.

Here are the chairs of the various committees for this year:

Advisory committees

Community Life—	Bobbie Harms
Dining—	Clint Heiple
Public Areas—	Kay Forsythe
Safety, Security, Conservation—	Pete Palmer
Spiritual Life —	Betty O'Brien

Standing Committees

Box Room—	Mary Jane Hall
Clothes Closet—	Pat Troeltzsch
Flood Mitigation—	Bruce Thompson
Frasier Door Greeters—	Elaine Waggener
Furniture Sale—	Anne Dyni
Gift Shop—	JoAnn Joselyn
Golf Club—	Kevin Bunnell
History Program—	Pete Palmer & Janet Klemperer
Library—	Betty O'Brien
Linen Room—	Maxine Wendler
Main Display Case—	Mary Jane Hall
Medical Equipment—	Keith Kohlen
Mini-Biographies—	Pete Palmer
Mirror Publisher—	John Harris
Movie Operations—	Judith Oddie
NaCCRA—	Charles Hadley
Recycling—	Kay Forsythe & Bill Bradley
Serendipity volunteers—	Jean Wainwright
Surplus Store—	Mary Jane Hall
Woodworking Shop—	Chuck Aumiller & Bill Stengel

Ad Hoc Committees

Nominating -	Nancy St. Germain
Thanks-Giving Fund -	Linda Dixon

Thanks to all of these Frasier committee chairs and their committee members!

Mary Axe

The Dairy Center for the Arts

Wednesday, October 19th was a big night for learning, not because of the presidential debate, but because the Lyceum speaker was Bill Obermeier, Executive Director of the Dairy Center for the Arts. Bill gave us a short history of how Watts Hardy Dairy became a centerpiece for the arts in Boulder; a description of how the bond issue for the arts in 2013 helped to upgrade the facilities; and how private



donations, particularly from Gordon and Grace Gamm, have augmented civic support. He concluded that Boulder's commitment to the large variety of dance, drama, musical and other arts companies is

inadequate compared to their needs and to the financial support of comparable communities.

Many residents traveled by coach on the following day to the Dairy Center and Bill escorted them through the various theaters, visual arts spaces, the Boedecker Cinema Theater and administrative offices. The Dairy Center no longer supplies Boulder with dairy products, but today provides food and drink refreshments as well as a beautiful and functional venue for first-rate local entertainment.

Jim Wolf

Frasier Honors its Elders



Ann & Hugh Evans

Frasier's 111 nonagenarians (ages 90 to 99) and five centenarians (age 100 plus) were celebrated last month at a party that filled both the dining room and club room and provided an opportunity for them to share stories about their life journeys. Of these, 71 are in Independent Living, 18 in Assisted Living, and 27 in the Health Care Center.

Ninety-seven are women.



Betty Bangs



Ed Putzier



Opal Telleen



Chauncey Beagle & Nancy Henderson



Louise Lewis



Maxine Wendler



Herb Harris



Mariette Anderson & Daphne Lewin



Alice Wallace



John Wilson

From My Window

How many of us look out our apartment windows and grab a camera to capture the scene? Well, we are lucky that Nancy St. Germain often does, at different times of the day, different days of the week or different months of the year. Everything she captures is fascinating, but her views of the Flatirons are especially remarkable.

Perhaps you have noticed her impressive postcard-sized photos in our main display case. Nancy has not only captured mountain scenes but also a colorful display of garden flowers. And if you look closely enough you will notice that her Sony digital camera has picked up a few local animals – two deer enjoying her lawn and two Canada geese – one on the rooftop! Also included is a close-up of an innocent rabbit. The rabbit held so still that she felt he was posing for her.

Nancy does not consider herself a professional photographer but as she says, “How can you miss with such beauty surrounding us at Frasier Meadows!” We look forward to more views from her window.

Jan Grenda

Did you know?

The Geneva Percival Fund pays for the musicians who provide us with such amazing music. Donations to this fund are welcome any time of the year; contact Karla Rikansrud for information.

The Northern Flicker

The northern flicker is a year-round Colorado resident, adapting well to urban environments. While preferring to nest in a hole drilled in a dead snag, it will settle for a cavity in almost anything, including buildings.

Woodpeckers typically perch vertically on tree trunks using their stiff tail feathers as a brace. Their loud drumming, often on metal pipes or downspouts, is a form of communication ---



declaring territory and attracting mates. The Northern flicker is a large woodpecker, 12.5 inches in length, with a relatively long, thick neck and a long, slightly decurved bill. Its back is pale brown with thin, black barring; its belly buff with bold, black spots. It has a prominent black breast patch. The male sports a bright red mustache, and both sexes show reddish under wings and tail.

Flickers are often seen in the grassy areas here at Frasier because, more than any other North American bird, their favorite food is ants.

Bev Postmus

Saving Medicine, Saving Lives

Unused medicines are often wasted. They are thrown away or destroyed while medically indigent patients can't afford the medications they need. Frasier's Health Care Center participates in a program that connects needy patients with unused medicine, SIRUM, a non-profit whose tag line is "Saving Medicine, Saving Lives."

Frasier's Director of Nursing Kim Calahan reports a total of 15,151 medications valued at \$11,513— enough to provide a month's supply to 505 individuals— have been donated from Frasier in the last 3 years.

If the medication is unexpired and in an unopened package or properly labeled bubble pack, it can be sent to qualifying "safety-net" clinics through SIRUM which provides packaging and postage.

Unused medicines from patients of Frasier Health Care can be recycled through this ecologically sound and fiscally smart program. Unfortunately, medicines from IL residents are not eligible.

Louise Bradley

Frasier's Secret Garden

New residents may not know about the preparation, labor and earth-friendly principles that went into the creation of Frasier's kitchen garden. In 2010 Lynne Duguay and Kathryn Aronson took a course on permaculture design, which goes a step beyond organic in earth-friendly, sustainable and energy-wise cultivation of the soil. Permaculture is mindful of its effect on the earth. It uses everything, wastes nothing and takes much work to get started.

I had pictured parallel rows, as on a farm, but our garden has a curving bordered pathway, ->>

Dining Services: *by Janet Klemperer*



Our current menus for all three meals have quite a number of new features, including five fresh offerings at breakfast. We are fortunate to have such a variety of choices every day of the week!

November promises many interesting meals:

- Nov. 8 Election Night Grill-In, 5-7 p.m., All-American menu! \$10 price
- Nov. 15 Flexitarian Buffet, featuring vegetarian items, \$13.50
- Nov. 22 Pajama Party dinner. Have fun at this meal!
- Nov. 24 Thanksgiving Lunch (Buffet carryout available from 11:00 to 11:30 a.m. ONLY. Evening boxed dinners will be available.) Be sure to make lunch reservations.
- Nov. 29 Greek dinner

as do English gardens, with a bench, rose trellises and raised beds. The space is just right to produce herbs that flavor our food, flowers to delight the eye in the dining room and at gatherings, and the apples, plums and cherries Frasier's kitchen turns into delectable treats.

Many residents have planted and watered the garden. Pat Carden also donated nasturtium seeds, and Cathy Cook tended a lone eggplant nestled in a raised garden corner. Johanna Swords tended and Joan De Graaff watered the crops as did Bev Postmas, Ja Elliott, and volunteer Dianne Bush. The Horizon School's students also helped make this small enchanted place in Frasier's front yard.

Nancy Tilly

The WELL Standard

Frasier has decided to pursue the WELL standard in constructing the new buildings. Phil Williams, president of Delos, a company that oversees the WELL standard, spoke in September to describe it and what it will mean for Frasier. No other CCRC has built to this standard, whose object, living conditions, is different from those measured by the LEED criteria, which deal with sustainability. CEO Tim Johnson believes WELL will lead to the best possible space to nurture our physical, emotional and spiritual selves.

Science-based, the WELL building standard aims to produce spaces that foster productivity and that are above all clean and safe. The requirements to produce those results are stringent and will be reviewed by an independent group, the Green Business Certification Institute. Our buildings, will be subject to recertification every three years. Such a standard has been used by the Mayo Clinic, Harvard, Johns Hopkins and other leaders. Williams said following WELL is how to spend the same money smarter.

The WELL standard focuses on seven areas: air, water, light, nourishment, fitness, comfort and mind. The ultimate aim is the highest quality in each area. For example, in terms of light, it asks what sort of light, in terms of source as well as light frequency (color), will

best fit the daily or circadian rhythms of our senior lives. In terms, say, of fitness, we will not be competing to lift the heaviest weight but to find the optimum individual match between exercise and each body's special needs. The WELL approach is holistic and will be tailored to those with disabilities as well.

To give a few more concrete examples, the materials used in paints, glues, carpets, etc. will be selected with an eye to minimizing the level of VOCs (volatile organic compounds). Simple and subtle things like the ability to open windows to attend to sound and odor levels will be considered. As Chuck Wellman said, it all has to do with attention to detail.

Because we are the first CCRC to apply for certification, our experience will inform the development of standards for future CCRC projects nationwide. These standards will apply to our new building and will be used in remodeling existing buildings. Tim Johnson summed it up by saying we will use the WELL standard as a template for all we do on campus.

For more information, the 200-plus-page WELL standards book, as well as supplements for multiple housing units, can be found in the Frasier library.

Nancy Tilly and Louise Bradley

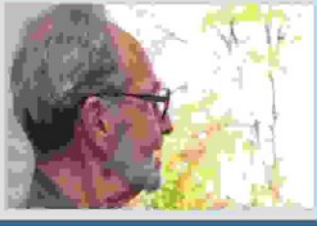
Did you know?

That you can reserve rooms at Frasier for visiting family and friends. \$70/night/no breakfast/two singles or one queen bed, nice bathroom, closet + TV, linens, window and AC. BUT you can only reserve two of the four total available rooms at one time, and for two weeks maximum.

Did you know?

Frasier has a scholarship fund for staff, including our student waiters and waitresses. These people are working hard for us, and we can donate to this fund that helps them further their education. Contact Karla Rikensrud for more information.

The View from Main (Street) *by Jim Wolf*



I've been receiving the Oberlin Alumni Magazine for over 50 years. When I started reading about activities from fellow classmates, they were at the rear of the section, but as I grew older my class reports moved to the center and now to the very beginning of news from alumni, if indeed there is any news. At the end of reports from all the classes, there is a special section, obituaries.

At first, I hardly looked at it, but now it is just about the first part of the magazine that I turn to, and there is far more about my former classmates. Those memorials increase sadly too rapidly. A classmate, a friend, stays alive in my mind until I find out that he or she has died, even if the death occurred years ago. I am shocked, I remember, I grieve, I wonder why I didn't know. Here at Frasier when someone passes, we know immediately; it's on the bulletin boards; there is often a memorial service. And as this is a retirement community, it is something we expect to happen with some regularity.

There is another disappearance that concerns me, granted not as much as a death, but a disappearance none the less. When someone goes to Assisted Living, they not only move off the Independent Living floors, but they leave the dining room, where much of our social intercourse takes place. It is a removal, I guess, rather than a disappearance, but for practical purposes, they are gone. There is an attempt by the Community Living staff and resident committee to integrate Assisted Living with Independent Living, but the geography of the building, and the social structure of Assisted Living work against that.

Perhaps not as bad from one perspective and worse from another is when someone moves to the Health Care center. Not as bad, because in most cases it is a temporary move and it is easy to visit them. On occasion the move is permanent, and the nature of our visits changes. A requirement of entrance to Frasier is that one has to be of a certain age and, although not a requirement, most generally retired. So, we know what to expect, as I often say, "we move in and then we move on." But moving on from Independent Living to Assisted Living, either classic or memory care, is as major a move as when we originally moved in. Again it is getting rid of furniture, of artwork, of boxes of memories. The mind must make adjustments just as the body does.

Does how we look at the community of Frasier change? Should we who are still in Independent Living make an effort to reintegrate people? Do they want to be reintegrated? As we look at the inevitable expansion of our independent community by about 100 new apartments and ask ourselves how those people can become a part of the established community, not apart from it, shouldn't we first have a conversation with members of our tripartite units to see if we are doing all we can to stay a single community?

Thanks-Giving

Just a reminder!

Donations to the Thanksgiving Fund are due by Friday, November 4 in the box at the IL Reception Desk. See you at the party on Friday, November 18!

From the committee

Altona School House Restoration

Between 1880 and 1948 generations of children living in lower Left Hand Canyon studied their 3R's in the Altona School. The oldest of 4 remaining stone school houses in the county, it became county property when the Heil Ranch was purchased for Open Space in 2012. The school had been converted to housing by the



Heils, who framed rooms onto the original structure. It was a fine surprise to discover a sturdy stone pioneer era school beneath layers of stucco and additions.

Mike Lore and Alex Turner, under the direction of Don Burd, supervisor of Boulder County's preservation team, have restored the building to its original condition. They explained and illustrated the process with good humor at the October Kaleidoscope program. Their contagious enthusiasm for the challenging project and respect for craftsmen of yesteryear captivated the audience.

The preservation crew deconstructed later additions to the building, removed asbestos and salvaged what they could of the original materials. They recreated missing pieces, matched trim and old paint color. They repointed the entire building under the direction of a master mason using local sand and clay to replicate the original mortar.

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Welcome David Depew, New Facilities Supervisor

Frasier's new Facilities Supervisor, known also as the Director of Maintenance, is no



stranger to keeping residential and senior facilities functioning at the top level. David Depew was born in Miami and moved to Colorado as a child. He graduated from Lafayette High School, where he received both aca-

ademic and technical training. After graduation, he worked as an auto body specialist before being trained to manage Heating and Air Conditioning (HVAC) systems. David enjoys caring for buildings, and has achieved many maintenance certifications, including that of pool operator, which enables him to care for the Frasier pool heating and water purification system.

Prior to coming to Frasier several months ago, David was the Senior Facility Manager at Applewood Care in Longmont, and prior to that was the Building Engineer for the Lakeshore Athletic Club in Broomfield. At Frasier, David is in charge of maintenance, keeping the overall building as well as individual apartments operating smoothly. This includes everything from keeping walks free of snow and ice, to making sure the pool chemicals are balanced and safe, to changing oven lights and to hanging pictures in resident apartments.

David and his wife have two dogs and two cats. In his spare time, he enjoys skiing and working out, doing both weights and cardio as well as cross-training. David reports that he is really enjoying Frasier. "Everyone is super

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Alex Herzog's Extraordinary Boyhood

In a very professional presentation, Alex and Nancy Herzog described Alex's family's experiences before, during and after the Second World War, beginning with how the Soviets impacted their life as ethnic Germans in Ukraine. With Nancy reading excerpts from family journals, Alex continued to describe how their lives in a German-speaking community changed when the Nazi army conquered Ukraine and occupied their area, and especially how the multi-cultural aspect of their neighborhood was destroyed and German law imposed. Their somewhat improved life under German occupation was dramatically altered again as the Soviet army advanced and the family was forced to evacuate in a horse-drawn cart to German-occupied west Poland. There his father was drafted into the German forces, and Alex's mother, Elisabeth, was left to hold the family together. She found them food and lodging until his father was reunited with them and arranged to move them from East Germany to the American Zone in what was soon to become West Germany.

Those who attended the presentation will not soon forget the hardships and drama of Alex's and his family's life before they immigrated to the United States when he was a boy of 15.

Jim Wolf

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The crew scrubbed the smoke-stained walls with vinegar and scoured the wooden floors with lye and sand. The goal of preservation is to make it look like nothing has been done. Photos of the final project attested to their success.

In time the school will be furnished with period pieces and be open to the public on special occasions.

Louise Bradley

Trustees Finance Comm. Report

This is the first of what we expect to be a regular article that will appear in the Mirror, more or less every month, on the subject of the financial status of FMRC written by the two new resident members of the Finance Committee Mary Jo Quinby and John Harris.

FMRC has a fiscal year of July 1st to June 30th with the annual audit being completed in October. The draft of the audit report was presented to the October 6th Finance Committee and was a very glowing one. It contained comparisons going back 6 years (before the 2013 flood) and shows the financial damage that we experienced and the great progress that we have made toward financial recovery. The results are encouraging and they still do not include a forthcoming reimbursement of several million \$ from FEMA for flood recovery expenses, which will further improve our condition.

The financing plans for the new construction project were reviewed and, given the outlook that bond rates may never be better than they are now, some consideration is being given to doing a bond issue soon to cover not only all of our current indebtedness but also all of the long-term funding that we will need for all the new construction. This will take several months to resolve since a special risk audit and risk assessment must be made before we can obtain a Fitch bond rating in preparation for bond sales.

John Harris & Mary Jo Quinby

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friendly and helpful," he says; "the facility is clean, and it's obvious that the residents care for it." He appreciates the engaged residents who make his work a pleasure, and has already joked with Facilities Coordinator Denise Echelmeier, asking whether he could have a discount and move in!

Maximilian Sunflower: A Humble Sunflower With a Royal Name

Golden sunflowers brighten Frasier's gardens each October. Their story involves three noteworthy plant-lovers and spans three centuries. In 1832, ethnologist and naturalist, Prince Alexander Maximilian of Wied-Neuwied led an expedition of discovery up the Missouri river. He took particular note of a tall colorful native sunflower growing on the arid plains. *Hellanthus maximiliani*, a desirable range perennial, provided forage for livestock and seeds for wildlife. Its roots were a



food source for Native Americans. It bloomed late, when other plants were becoming dormant. Prince Max collected specimens of the plant.

Fast forward to 2000: Sam Hays moved into 64 Frasier Central. There in a semicircular bed surrounding an east-facing patio he developed as a sequential garden. With thought and care he selected native plants that flowered by turns through spring, summer and fall. The Maximilian Sunflower was his October bloomer. Gardener Linda Wilkerson took an interest in the late-blooming golden sunflower and with Sam's blessing took shoots home to her yard. There she divided and transplanted season after season. She has returned botanical grandchildren of Sam's Maximilian Sunflower to the North Courtyard and to Frasier's front garden where a large specimen brightens every October with its golden blooms.

Louise Bradley

Mr. Garnett Comes to Frasier

Okay, it's not the 1939 film "Mr. Smith Goes to Washington," and district attorney Stan Garnett is not Jimmy Stewart, but there were similarities when the nearly capacity audience heard a full-blown defense of the Boulder justice system by the Judicial District's chief legal official. "Do the right thing," "protect those who can't protect themselves," and "I represent the people of Colorado" in the



courtroom are a part of Garnett's key beliefs as he presented a primer on the Colorado justice system. Beginning his talk with a history of his family's roots in Colorado and his journey through the Colorado legal system, Garnett spoke eloquently, in fact passionately, about his faith in the courts to do what he said over and over "the right thing."

His concluding section outlined the very specific functions of the district attorney's office and the 330 people who carry out those duties. The whole thrust of his talk led indirectly to the very last thing that he mentioned, the November ballot issue that would allow the district attorney a fourth term. He would like to continue to "do the right thing."

Jim Wolf

Behind the Mini-biographies

First, a bit of history. Volume 1 of our mini-biography series was proposed, edited, and produced by Eileen Metzger and Ed Putzier in 1995. It was a huge volume. Between 1984 and 1994, selected mini-biographies of Frasier residents had been published in the Mirror, mostly by John Hough. However, Eileen and Ed wanted a series that would include as complete a historical record as possible of all of our residents. Thus, in addition to new residents for 1995, they republished the earlier articles from the Mirror and interviewed many existing residents who were not represented by those Mirror articles. In 2004 resident photographs were added, and by 2006 these were in color.

We have just begun volume 24. Production of a volume starts when Linda Tuber sends notice of a new arrival to me at the same time as it is posted on our bulletin boards. Nancy Herzog, as chief biographer, determines whether the resident wishes to write his or her own mini-bio or whether an interviewer should be assigned. The number of interviewers will vary from volume to volume, but the total staff is always included on the second page of each volume. The only ground rule is that the final text for residents in each apartment is limited to two sides of a page, single-spaced and in 14-pt type. Space must also be allowed adjacent to the opening paragraph for inclusion of the small photo from Linda. The name of the writer, resident or interviewer is indicated at the end of the text.

Once an interview has been completed and checked with a resident, the e-mail text will be inserted by me as one or two pages into a Microsoft Publisher file for the volume, and the photo will be added. One copy of the finished mini-bio will immediately be printed and added by Anne Norwood to the Current Resident binder in the history alcove on the main floor

opposite the central stairway.

The Publisher file will accumulate for a year, currently beginning with June arrivals, and then a new volume will be created. The finished file will be produced by John Harris. It will be e-mailed to anyone who wishes, and a limited set of black-and-white printed copies will be made available at the front desk. Julie Soltis will add the file to the Frasier website. It takes a small village to create a volume in our mini-biography series!

Pete Palmer



Margaret McDonald and Erika Eckert perform at Frasier

On the night before they had to rise early for their flight to Italy, violist Erika Eckert and pianist Margaret McDonald previewed what they planned to play in Florence and later at a competition in Vienna. Their selections were sonatas by two American women composers, Libby Larson and Margaret Brouwer, which complemented each other very well. Larson combined suggestions of Gershwin, Bernstein, and Ellington with more modern classical themes. Brouwer's work used themes from hymns in the first movement, followed by a slow and sad movement with an upbeat conclusion. It was a concert for every taste. Those who like classical music were happy, and those who like a bit of jazz with their classical music enjoyed it. One thing for certain is that the duo of Eckert and McDonald, who have been playing together for years and have only now teamed up for concert tours, is happily headed for a deserved supplementary career to their College of Music professorships. Margaret has been our liaison for the Geneva Percival concerts but has taken a sabbatical to pursue this project.

Jim Wolf

Conserving Frasier's Navajo Rugs



Velcro is machine stitched onto twill. The twill is hand sewn to the rug.

Frasier owns a fine collection of donated Navajo Rugs and other textiles. In May, Teri Schindel, textile conservator, gave a half day of her time evaluating them. She advised the Public Areas Committee that the rugs needed care and referred them to the George Washington University Textile Museum standards. After hours of research and work six of our rugs have been properly cleaned and rehung with care to protect their delicate fibers. Soon, six more rugs will be similarly treated to conserve these handwoven treasures.

Committee: Kay Forsythe, Maxi Damberger, Pat Carden, Kate Crawford. **Volunteers:** Mike Forsythe, Devyn Reikes, Adam Schnerer, JoAnne Howe.



Wood slats and lucite cover pieces are cut and drilled.



Rug is vacuumed inch by inch.



Wood slats are double coated with varnish on all sides.



A newly cleaned Navajo rug is re-hung to museum standards.

Trip To Bountiful

This trip was unlike the 1985 film which starred Geraldine Page and John Heard, a film which chronicled 'Carrie Watts' trip back to the place she knew as home. My trip to Bountiful was the fulfillment of a dream set into motion when my mother, prior to her death three years ago, expressed her hope that someday her three sons would have an opportunity to travel together to visit the place where her father was born and spent the first 17 years of his life. Her hope, combined with my serious addiction to discovery in my own and my wife's family trees, resulted in a trip we six (my wife, Kris, and I, and my two brothers and their wives) made to Scandinavia in August of this year.



The dictionary defines bountiful as "producing in abundance" or "generously given." In either case, the trip proved to be that for us. We set out with several goals: to visit the home of our maternal grandfather; to visit as many of the birthplaces of our eight Swedish-born great grandparents as possible; and to not forget my wife Kris along the way...whose own mother was also born in Sweden, where six of eight of

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A Harmonious Harmonica Experience – Music for your Lungs and Soul

Frasier recently hosted an event that creatively combined lung health and breathing techniques with the universal language of music. The Harmonious Harmonica Experience – Music for your Lungs and Soul, was led by famed musician, Mark "Mad Dog" Friedman. As a musician, poet, teacher and veteran of the Colorado music scene, Mad Dog has found a new passion for his skills. After 40 years of playing the harmonica, he recognized how beneficial the inherent nature of breath work is in playing. "A harmonica is the only instrument I know of where you can make sound by breathing in and breathing out," Mad Dog said. "The harmonica is a way to make music out of breathing." He was approached by the senior wellness program at Longmont United Hospital to start a class for patients with lung diseases and breathing issues. The response was so favorable that the group practices regularly. He has been invigorated by combining teaching and music as a fun way to enhance breathing and lung health for seniors. Frasier residents received a taste of his talents on October 26th and responded enthusiastically. "The vocal exercises that Mad Dog had us do for practice made me much more aware of how I was breathing," stated one resident. When asked if there would be interest in an ongoing class, residents and community members alike were in support. We plan to start classes twice a month on Wednesdays. More information to follow. If you were unable to attend the presentation and would like a copy of Mad Dog's PowerPoint presentation or if you are interested in participating in a drop in class (\$10/class), please contact Stephanie Willner in the Wellness Center (x4318).



*Stephanie Willner,
Wellness Coordinator*

LOOKING WEST (to the future...)

Community Engagement

by Anne Bliss



In this season of elections, amendments, rezoning, new construction, co-ops, fracking, and all sorts of other issues with political considerations, it's wise to remember that we belong to community.

What we do for ourselves affects others; what they do for themselves affects us. How we approach our fellows and what we do or don't do for the community affects all of us.

We depend on others to work and collaborate with us to develop processes and reach reasonable conclusions. We struggle together to solve problems, and to that end we must listen well to each other and hear what others say. Citizens must engage with each other authentically. We have all seen what happens when leaders with closed minds do not listen to their constituents. They may present their predetermined decisions or outcomes to the community, and they may even tell their constituents that they have good ideas, but they have no real intention of actually heeding the citizens' input.

Such a community has what might be called a "theater of engagement" rather than real civic or community engagement in which officials are open to opinions of others. In a real community, members listen, discuss ideas objectively in order to determine which are legitimate and useful, to obtain conclusions that are real and honest, and that result from genuine engagement in which the community members are given full voice. Agreements and disagreements are vetted, and the community comes to a consensus with the officials.

In these cases, the community is a whole, working together for the betterment of all. But in this election season, it's wise to pay close attention to our leaders and those who want to lead. Do they listen well? Do they take the community ideas, concerns, and plans seriously? Are they actually a part of the community and aim to provide for its welfare as well as their own? Or do they direct a theater in which they have predetermined the questions, answers, and outcomes to satisfy only their own goals?

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her great grandparents were from; and whose family connections to Sweden are far more cemented than mine. Sixty-three cousins later, we realized all three of our goals. It was truly a trip to our bountiful, where we began to understand more clearly the lives these ancestors left behind to create the opportunity for a better life for all of us, their grateful heirs. They left lives that were hard and not necessarily fair, to lives that were oftentimes harder but represented more hope and opportunity.

I managed to visit the birthplaces or visit family of seven of my eight great grandparents. We were greeted as royalty and dined in the homes of many cousins of both my wife and I. Salmon is great, but by the 10th day in a row, even it becomes old. But bountiful Swedish breakfasts, even though replicated every day, were an absolute hit! In Ystad, Sweden, birthplace of my maternal grandfather and home of famed fictional detective Kurt Wallender, we were

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Frasier: Chaplaincy Fund & Spiritual Life

You have probably seen Rev. Sarah Merchant this past year. She was busy teaching a class on the Hebrew prophets, leading thoughtful Sunday vesper services, and sharing counseling and ministry responsibilities with Bob Ritzen, Director of Pastoral Care. This important ministry came about even as Rev. Sarah completed her Master of Divinity degree at Iliff School of Theology. She is gaining critical experience and all of us, residents and staff alike, are benefitting from Sarah's energy, thoughtfulness, and humor.



Rev. Sarah's appointment was made possible through your charitable donations to the Spiritual Life Fund. These funds allowed Frasier to hire Rev. Sarah and pay the salary. In addition, your donations al-

lowed us to upgrade the chapel's lighting and furnishings. We were also able to provide small honoraria for guest speakers and bring in gifted musicians.

"Living Life to the Fullest" is part of our broader philanthropic mission. It is focused on the portion of our philanthropic funds that support programs and services that help provide a vibrant and robust Frasier quality of life and encourage everyone to maintain optimal independence. Programs like Chaplaincy and the Geneva Percival Music Fund help nurture inner wellness, whereas Wellness Center funds and activities are geared to the more vigorous aspects of a full life.

Thank you for your strong and continued support of Frasier's philanthropic mission. Your endorsement of vibrant senior living, compassionate healthcare services, and caring for others is greatly appreciated. Your generosity proves that our Boulder community really is a better place because Frasier is here.

Karla Rikansrud & Bob Ritzen

(Continued from page 14)

greeted by a group of 35 members of my grandfather's family, complete with a tour bus and driver as well as a cousin who had written the family history. He regaled us with stories of births and deaths as we went from family site to family site. Our tour took us to the Lutheran Church, built in 1100, in which my grandfather was baptized and which shared a history involving Guildenstern and Rosencrantz of Hamlet fame.

In the course of our travels we visited the

graves of four great great grandparents; met 63 cousins; consumed salmon at at least 10 dinners, and meatballs at six; visited baptismal church sites for six of eight of our great grandparents; met family members of seven of our great grandparents; and heard stories one after another connecting us to our rich heritage. It was a trip to our bountiful and we were blessed to be able to do it together. Six of us traveling was fine for this trip; however, on the next trip two will be plenty! Bountiful has its limits!

Tim Johnson, CEO

The Future of Dams

There are 57,000 large (at least 15 meters high) dams worldwide. Half of the world's rivers have been choked by dams. China has 23,000 of those dams; the U.S. has 9,200. China is now building more dams than the rest of the world combined. At the height of worldwide dam construction, about 1,000 dams were built per year. By the 1990s only 260 per year were being built. Why the decline?

Chuck Howe's presentation, replete with spectacular photos taken by Chuck and spouse Jo-



Ann, answered this question and provided valuable information about The Commission on Dams Report published in 2002.

The com-

mission was charged with making recommendations for the best possible use of dams and establishing international standards.

By the 1990s it had become clear that the damaging effects of dams were too serious to ignore. They were causing ecological problems in streams, pollution and algae growth; they were preventing fish from swimming upstream, destroying riparian areas, degrading water quality and causing the silting of reservoirs.

But the most serious problem of all was the displacement of populations. Forty to eighty million people, most of them in China and India, have been displaced by dams according to Thayer Scudder, a leading authority on dis-

placement who wrote the book whose title is the header for this article. Three Gorges Dam on the Yangtze River in China displaced over two million people and caused a huge city to be abandoned. In our own country the Garrison Dam in the Missouri River Valley caused thousands of acres of Indian lands to be inundated. The people displaced are usually disadvantaged and without political power. If they refuse to leave, they are simply flooded out. The compensation offered doesn't begin to restore their lives and their livelihoods.

The Commission recommended that secondary effects should be considered and alternatives to dams offered, primarily with regard to the agricultural use of water (85% of water use). It is safe to say that the "golden age" of dam building is over. The future is demanding wiser and more humane solutions to our problems other than dams.

Trish Judd

In Loving Memory



Diana Bunnell

Born *Dec. 13, 1925*
Entered F.M.R.C. *April 4, 2006*
Died *Oct. 14, 2016*

Robert Cohen

Born *Oct. 10, 1924*
Entered F.M.R.C. *Oct. 24, 2015*
Died *Oct. 19, 2016*



November Birthdays

INDEPENDENT LIVING

Peg Beeler	11.01
Ray Imel	11.01
Ann Garstang	11.04
Mac MacFarlan	11.04
Ed Putzier	11.04
Alicelee Ewan	11.05
Peg Skurnik	11.05
Bob Ide	11.06
Marilyn Fisher	11.08
John Tracy	11.08
Clint Heiple	11.12
Jean Gore	11.15
Bruce Thompson	11.15
Jean Harris	11.16
Eleanor Stimac	11.16
Patricia Sewall	11.18
Dottie Field	11.19
Bob Adair	11.20
Jim Bender	11.20
Rose Rappaport	11.20
Grace Zabel	11.20
Marion Selbin	11.21
Barbara Baese	11.24
Anne Dyni	11.28
Susan Thomas	11.28

ASSISTED LIVING

Winnie Hardy	11.01
Dulce Harris	11.01
Kay Morgan	11.13

HEALTH CARE CENTER

Florence Roessler	11.08
Tucker Wood	11.17

***THE MIRROR:** Monthly news of Frasier Meadows Retirement Community, Boulder, CO, is published by residents to provide in-house news and general information for current and future residents.*

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The MIRROR staff will meet at 2:00 p.m. on Monday, Oct. 31st in the Private Dining

Saturday November Movies (7:00 p.m.)

Nov. 5 Like Sunday Like Rain 2014

When struggling musician Eleanor takes a position as nanny to 12-year-old cello prodigy Reggie, she's thrust into the role of parent, mentor and confidant— giving rise to a friendship that has profound effects for them both. (Netflix)

Nov. 12 Maggie's Plan 2015

Although Maggie may not be able to sustain a romantic relationship, she has the rest of her life figured out. But just when she's ready to roll with her plan to have a sperm-donor baby, Maggie meets the man of her dreams. (Netflix)

Nov. 19 The Artist and the Model 2012

In 1943, disillusioned by the horrors of two world wars, sculptor Marc Cros gives up his art to live quietly in occupied France. When his wife brings home a young Spanish refugee, her beauty inspires the 80-year-old man to return to work. (Netflix)

Nov. 26 Buck 2011

Master horseman Buck Brannaman, inspiration for *The Horse Whisperer*, reveals details of his troubled childhood and how our communication with our animal companions can teach us lessons about how we relate to fellow human beings. (Netflix)

New Residents

Julia Herring

arrived from Boulder on October 21 and will reside at 094 FN. She was born on May 26 in Evanston, IL and grew up in Glencoe, a northern suburb of Chicago. She attended CU, majoring in education, with a minor in history. She then taught in the Boulder Valley School District and worked in its professional library. She also volunteered at the Foothills Hospital. Her two sons live nearby, Christopher in Littleton and Charles in Longmont, both married, with two daughters each. She is interested in Colorado history and in antiques, enjoys travel, playing bridge and taking walks to the mountains. Julia loves CU football. Her sponsor is Elaine Hiebert. Her new phone number is 720-562-8114. We welcome Julia to our community.



Concord, NH concentrated on raising her three children. She returned to teaching when they were in their teens. Her son Steven lives in nearby Broomfield. Another son lives in Vancouver, WA, and her daughter Allison lives in Oakland, CA. She enjoys music, symphonies in particular, and reading books, and she likes to attend "continuing ed classes" and lectures and playing bridge and golf. She is a member of the American Association of University Women. Her sponsor is Pat Carden. Her new phone number is 720-562-8139. Welcome to Frasier!

Joel and Marion Selbin

arrived on October 20 from their home in Boulder and are settling into 208 FS. Joel was born on August 20 in Washington D.C.,



Marion in Karlsruhe, Germany on November 21, but she came to the U.S. as a very young girl, as a Nazi refugee. She grew up mostly in Washington, D.C. where she attended George Washington University and met and married Joel Selbin. They moved to Urbana, where Joel obtained a Ph.D. in chemistry and Marion a B.Sc. from the University of Illinois. They moved to Baton Rouge where Joel was hired as a professor by Louisiana State University. They stayed for 35 years, while Joel taught and

(Continued on page 20)

Evelyn ("Evie") Lindquist

came to us in mid-October from Old Saybrook, CT, a small coastal town with two lighthouses and 13 other structures on the National Register of Historic Places. She has moved into apartment 362 FC.



She was born in Philadelphia, PA on April 13 and grew up in Hartford, CT. She obtained BS and MA degrees in Elementary Education at Central Connecticut State College and started teaching, but after marriage and a move to

(Continued from page 19)

conducted fundamental research, and they raised their four children. After Joel's retirement from LSU they moved to Boulder and Joel taught chemistry at CU for seven more years, first in Denver, then Boulder.

Together they like to travel and visit their kids and grandkids who live in New York City, Berkley, CA, Martinez, CA and Georgetown, TX. Their sponsors are Jim and Nurit Wolf. Their new phone number is 720-562-8238. We welcome Marion and Joel to FMRC!

Carol K. Moremen

will be arriving from Boulder early in November and settling into apartment 274 FC. She grew up in San Marino, southern California; her birthday is January 21. She earned a liberal arts degree, with an emphasis on



science, from Pomona College. She married an Air Force pilot and they had four children together. As a military family they moved multiple times, first on the west coast, then to New Jersey where she obtained a teaching license and taught science in junior high school. She then got a M.S. in education and an administrative license and became a high school administrator. After her husband's death in 1976 she continued in her established career. Her children, after completing college, dispersed and live in different parts of the country: Robin in Redwood, CA, Eileen in Roswell, GA, Holly in Boulder, CO and Kelley in Athens, GA. In 1991 Carol moved to Boulder where her daughter Kelley was a school principal. She moved to the mountains NW of Boulder and

joined the Zonta Club of Boulder County. The Zonta Club, with 30,000 members in 66 countries, seeks to advance the status of women worldwide. After twenty years in her mountain home she sold the house and moved to a patio house in Gunbarrel, whence she comes to Frasier. She always looked forward to running the Bolder Boulder and was second in her age group for 15 years. She enjoys making music on various instruments and combining travel with photography. She has been to many faraway places, like Patagonia, Lake Baikal, Nepal, South Africa and more. Her new phone number is 720-562-8098 and her sponsor is Muriel Woods. Welcome to Frasier, Carol!

Charlotte Haravey

moved into unit 139 FC on October 31. She was born on February 20 in De Queen, AR and lived in New Orleans, San Francisco, Boston and Phoenix before she settled in Pasadena, CA where



she lived for 47 years. Her daughter Charmaine was raised there but now lives in Boulder. Charlotte is a registered nurse, working in oncology in recent years. She is a member of the Huntington Library Art Collection and Botanical Gardens in San Marino. She enjoys going to the movies with friends, dining out with them or entertaining each other at home. She takes regular walks and has been taking Tai Chi classes. She also likes to sew. Her sponsor is Louise Lindsey. Her new phone number is 720-562-8126. We welcome Charlotte to Frasier!