



THE MIRROR



FRASIER



Monthly News of Frasier Meadows Retirement Community

Volume 55

January 2016

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May the "Process" Be With You

The process initiated by the Frasier Meadows Resident Council to solicit information about the proposed expansion kicked in last month with six sessions covering three of the topics residents had indicated they had questions about and wanted input to the final resolution. Each session had a facilitator, a scribe, and an individual from within the administration or a consultant to give informed answers. As expected, questions led to answers which led to more questions, some of which were resolved with consensus from the participants; other issues were unresolved. The scribe in each session transcribed the comments on poster sheets for all to see. These were delivered to Vice-President Lesley Radocy who compressed them, printed them, and distributed them to all residents. To the degree that everyone with interests in the topics had a chance to participate and be listened to, this was a success. The fact that the experts on each issue could respond with data on the planned expansions, how to pay for them, and what constraints they were facing was helpful. These first sessions showed how dialogue could be beneficial for residents, administration and consultants.

Some issues were clarified to the satisfaction of the residents. For instance, the proposed pool would be for recreation and wellness classes rather than exclusively a lap pool. The phone session with the actuary, who had been familiar with Frasier for the past five years, clarified his conclusion that Independent Living residents would have sufficient Assistant Living and Skilled Nursing beds well into the future. A plan by the architects to convert the east wing into up to 14 new Assisted Living apartments, along with a commitment to relocate the current IL residents to new apartments, if necessary, seemed doable. Other issues remained unresolved: What will be the role

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of the proposed clinic? How will it relate to Dr. Giesen's practice and nearby facilities? How did the administration view "aging in place" -- as an alternative to Assisted Living residences, or, as having the much preferred solution, to preserve a sense of community rather than isolating home care within Independent Living areas?

Concerning the proposed Arts and Education building, the size, the inclusion of a movie theater, the availability of classrooms were all discussed but without consensus. The number, size, and use of apartments in the new three-building facility was another unresolved topic, as was the Boulder city regulation about creating 20% affordable housing units somewhere.

In January, the remaining three sessions of concern will meet and report. If those sessions are as fruitful in bringing out and resolving residents' questions and concerns, the process will have been successful in informing the administration and architects as to our interests. Not every issue has been or will be resolved, but both residents and administration have had a dialogue, a discussion, and an exchange of views, a process that strengthens our community and makes our coming improvements even better than first imagined.

Jim Wolf

Frasier's Display Cases

Dedicated to Hanukkah and Christmas, the two display cases hold pieces from Susan and Gary Thomas' collections.

Hanukkah, the Festival of Lights, commemorates both the victory of the Jewish Army over its Greek foes and the "Miracle of Oil"—the eight-day burning of one day's oil that recalls the rededication of the Jewish Temple at the time of the Maccabean revolt. On each of eight evenings one candle is lit. The Thomas' Menorahs are varied in style and joyful in tone.

Driedels also play their part, standing for the time when, education forbidden, Jewish children spun their tops to fool authorities near the places of teaching and learning. The Driedel is a tribute to the courage of these children.

The Nativity scenes come from countries as varied as China and Guatemala, the Philippines and France, each with a unique style—Mexican ceramics sit near Chinese mirrors and minuscule metal cut-outs from Nuremburg. One scene, a modest piece of white stone with figures of the palest blue, was made in Boulder. The most wondrous crèche is sculpted from and sits within an ordinary eggshell.

Both exhibits appeal far beyond their individual religious traditions. They are a feast for all eyes and spirits.

Nancy Tilly



Spotlight on Frasier's Master Plan Consultants

Tim Johnson, CEO



Being in the midst of our Master Plan, it's been joked about the 160+ years of experience that make up our consultants. But all joking aside, it's interesting to look at who these experts really are and how they truly are part of the Frasier team.

They typically come to Frasier once a month (sometimes more) for a couple of days that coincide with our second Wednesday of the month Board meetings. When they are not on campus, they spend countless hours working, planning, designing, researching and championing on behalf of Frasier. Considering this, I hope you come to know this wonderful team as an extension of our "Frasier family."



Glen Tipton

Principal-in-charge, Hord Coplan Macht. Glen has a broad range of experience in design for older adults. He is a leader in Hord Coplan Macht's Senior Living practice which covers independent living through skilled nursing

and dementia care. Glen's experience provides a source of guidance for the entire Hord Coplan Macht team. Over the course of his 46-year career, he completed more than 50 new and renovated CCRC projects and has provided services for multiple master-planned, new and expanded CCRC's. He brings over 35 years of experience as a former Senior Living Studio Executive for CSD Architects. Glen provides executive overview, quality assurance and

serves as principal-in-charge on many projects in this field. He is a nationally recognized speaker at a variety of conferences and seminars on the subject of design and development of communities for older adults. Glen received his Bachelor of Architecture degree from the University of Virginia and is a registered architect in several states. He was named a fellow of the American Institute of Architects for his career-long dedication to quality design for older adults.



Greg Dehne

Project Manager, Hord Coplan Macht.

Greg is a professionally licensed and LEED-accredited architect with 17 years of experience in the programming, master planning, design and construction of senior housing

and senior-related healthcare, multi-family, and mixed-use facilities. He has an extensive background in assisted living, long-term care and memory care facilities, and is well versed in ADA, Fair Housing, Health Department and multiple building codes. Greg has worked in Senior Living for most of his career, including the repositioning of several CCRCs. He holds a Bachelor of Architecture and a Bachelor of Science in Architecture from The Catholic University of America. Greg is a former resident of Boulder. His parents still own a home in Colorado and he is very familiar with the area.

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Duncan Walker

Principal Architect, Hord Coplan Macht. Duncan has 30 years of experience as an architect. His projects have included a wide range of types from a golf resort in Bali, Indonesia to the repositioning of a landmark mixed-use

project in the Coconut Grove neighborhood of Miami. For the past 18 years, Duncan has concentrated in residential and mixed-use projects with a strong focus on Senior Living. He has developed an extensive understanding of designing for seniors and has been active in the national Senior Living industry. Duncan believes that high-quality design can add significant value to projects without increasing cost. He is typically the primary designer for the projects he works on and has brought memorable aesthetics and a strong sense of place to the large number of projects he has designed. Duncan has a Bachelor of Arts in Art History from Vassar, and Master of Architecture from Syracuse University.



Leonard Segel

Project Architect, Hord Coplan Macht. Len brings over 31 years of innovative, thoughtful, and award-winning project experience. He is a seasoned project manager, design collaborator, educator and communicator, as well as an advocate for sustainable design. He is an Associate of the firm and architect in the Denver Hord Coplan Macht

office, and brings passion for design to his focus on higher-education architecture and master planning with experience in the design of cultural, civic, office, residential and retail buildings. Len has lived in Boulder for years and is active in the community. His favorite artist is Andy Goldsworthy, and The Med in Boulder is his favorite restaurant destination. He received both his Bachelor of Arts in Architecture and Master of Arts in Architecture from the University of Michigan.



David Slack

Principal, Aging Research Institute (ARI). As a consultant with retirement communities, David provides clients with strategic planning, financial projections, operational, managerial, and development services, plus

advice related to investment banking services. Prior to joining ARI, David was Senior Vice President at Lancaster Pollard & Co., an investment banking firm specializing in financing senior living organizations; a Principal in the consulting firm of Third Age, Inc.; and President of Asbury Development and Management, Retirement Management Company and Presbyterian Manors of Mid-America. He graduated from the University of Kansas. He has been a licensed adult-care home administrator and was a Licensed General Securities Representative.

Karen Adams

Vice President of Strategy, Gerontological Services Inc. (GSI). Karen leads GSI's market research and marketing audit teams with her unique multi-disciplinary perspective ground-

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ed in gerontology, planning, research, housing development policy, and financing. She is also in charge of monitoring shifting market trends through GSI's data base. Karen has served as the Vice President of GSI since its inception in 1982 with

an interim eight years with the AAHSA (LeadingAge) Development Corporation. Karen's personal interests include healthy aging and environmental awareness in the development process. Karen graduated from The Pennsylvania State University and continued her graduate studies in the dual degree program of Urban Planning and Gerontology at The Leonard Davis School of Gerontology at the University of Southern California.

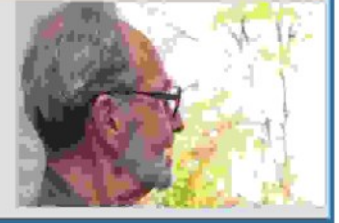


Patti Hutton

Senior Marketing Consultant Principal, Retirement DYNAMICS . Patti has an extensive retirement-living marketing background that spans more than 19 years and crosses the country from Oklahoma and Wisconsin in

the mid-west to Georgia up through the northeast and the mid-Atlantic. Her home is in Maryland. Her career includes senior living marketing development and leadership for successful start-ups as well as existing communities undergoing expansions or turnarounds. She brings hands-on experience to every community she works with as she has held on-site positions as director of marketing and sales counselor. Prior to joining Retirement DYNAMICS in 2003, she lent her skills as -->

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



One of the joys of retirement is the time and hopefully the funds for travel, both in the United States and overseas. I have gone on trips with Overseas Adventure Travel and with Road Scholar when it was Elderhostel, and when we got to a city on our itinerary everything would be arranged for us, from hotels to tours. On the other hand when I have traveled on my own and arrive in a strange (to me) city, I need help. And that is where the concierge comes in very handy with advice a tourist needs. Now, here at Frasier we are not tourists. We live here, but there are things we need to know about how to get things done, who to talk to with a problem, and how our guests can be welcomed, Whom do we ask? We ask the people at the front desk. Dana and her colleagues know how to get things done, who to call, where to call. The front desk is where we sign up for excursions or concerts, where we schedule our rides to the markets or doctors, where we touch base with the organization. For new residents or old timers, we depend on the knowledge of those on the front desk, our very own concierges.

a regional marketing director for a multi-facility provider based in Maryland and a national consulting firm based in Washington, DC. Patti obtained her Bachelor of Science Degree from Lake Erie College.



January Birthdays

INDEPENDENT LIVING

Anne Rowan	01.02
Betty Boselli	01.03
James Sindelar	01.05
Rachel Bender	01.07
Kay Forsythe	01.09
Pete Palmer	01.09
Ann Evans	01.10
Priscilla McQueen	01.13
Stuart Mundt	01.13
Jean Johnson	01.15
Kate Crawford	01.19
Walter Duncan	01.19
Patricia Geraghty	01.19
Bernice Rosenberg	01.19
Beverly Carrigan	01.21
Kathy Kingwell	01.21
Faye Parrish	01.21
Joan De Graaff	01.22
Wanda Francipane	01.23
Bill Sabin	01.25
Eloise St. John	01.28
Judith Rhoads	01.31

ASSISTED LIVING

John "Al" Fagerstrom	01.04
Elbe Geer	01.05
Mary Kelso	01.20

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 January 4th
 in the Alcove Dining Room
 to plan the February 2016 issue.

Our Frasier Extended Family

Frasier celebrates the young people from a Boulder family who work here.

In 1976, Leon and Maria Ortiz immigrated here from Zacatecas, one of the poorer states in Mexico. Leon worked as a dishwasher, Maria, in a laundry. They sought a better life for their children.

One of their children, Marcos Ortiz, began to work here in 1988 as dishwasher and worked his way up to executive chef. His son Marcos Ortiz Junior, came in 2008 and is now lead server, and later came Marcos Junior's sister Rosa, server.

Five other grandchildren of Leon and Maria, cousins to one another, have come and now work here: Joel Chavez, Assistant Dining Manager; his sister Adilene Chavez, lead server; Yanelly Gordillo, receptionist at the front desk; her sister Irania, server; and her sister Carina, server in Assisted Living. Four of them are in school, studying engineering, in the first year of college, or considering nursing.

All these young people grew up together in the San Juan housing project in north Boulder. They went to local public schools, and the San Juan Learning Center next door supported their education from preschool through high school.

They attribute their success to family support. Their parents had to work long hours but were supportive of the kids. They expected them to do better than they had, to take advantage of learning opportunities and get ahead in life.

The cousins all are interested in one another's success. They grew up together and are about the same age. They say they share a lot and are "really close." Five of them play together on a volleyball team.

Having worked in a clinic in the San Juan housing project, I enjoy knowing these young people. I must have seen some of them as pa-



tients although none of us can remember. It's nice to see them here.

(left to right) Marcos Ortiz, Jennifer Carranza, Crystal Gordillo, Yanelli Gordillo, Carina Gordillo, Adilene Chavez, Joel Chavez. Jennifer and Crystal have left Frasier.

Pete Dawson

Wellness Center:

Whitney Garcia McCain



The Wellness Center invites you to participate in our January “Whole-Person Wellness” Challenge. “Whole-person Wellness” means addressing various aspects of our lives and well-being. We have an easy tool called a “Wellness Wheel” that you fill out on paper and it helps you see any of the six aspects of listed wellness areas that could use a boost (social, emotional, physical, spiritual, vocational, mental).

Wherever you see a low score (a “flat spot” on your Wellness Wheel), the goal is to make an

“Whole-Person Wellness” Challenge

effort during the month of January to try classes, events, or activities to bolster that area of your wellness. These ac-

tivities need not be at Frasier, or even an “organized” activity. They can be anything and anywhere. Points are awarded to every activity, and you will keep track on a score sheet.

The goal of this challenge is to gain awareness of the various aspects of wellness, and bring your attention to areas you might want to improve for yourself. We will have a prize for the participants within each “most-improved” category of the Wellness Wheel; a total of 6 prizes will be given, all to different people. The Challenge will run the entire month of January. Please pick up a packet in the Wellness Center to get started! Talk to any staff member for more information.

New Marketing Coordinator



Anna Hostetter graduated from CSU last May with a business degree concentrated on marketing. She had finished a six-week European backpacking trip and two marketing internships when she heard

about the opening at Frasier. She was interviewed on the phone and then by a panel of women, and feels lucky to have been offered the job.

The marketing coordinator’s duties cover a wide range, from giving tours for prospective residents to helping new arrivals pick out their carpet and tile to talking to everyone on the waiting list. “Mostly I will do whatever Rose Whitley needs to be done,” Anna says.

Anna grew up in Broomfield. Her parents divorced when she was very small and both soon remarried. Her dad and stepmother just moved to Kansas City. Her mother and stepfather still live in Broomfield with her adopted brother, who was originally from Korea. The four of them spent three weeks in Korea a few years back, and Anna says “It was quite the adventure.”

On last summer’s backpacking trip Anna visited her Italian grandfather, who lives on Lake Maggiore. Her favorite cities were Berlin and Reykjavik.

Anna has two dogs and enjoys hiking, especially at her family’s place in Vail.

Nancy Tilly

In Loving Memory



William "Bill" Case

Born Dec. 26, 1920
 Entered F.M.R.C. Oct. 27, 2006
 Died Nov. 27, 2015

Clyde Richey

Born Nov. 30, 1923
 Entered F.M.R.C. Aug. 20, 1996
 Died Nov. 27, 2015

Betty Morgan

Born Dec. 08, 1919
 Entered F.M.R.C. Oct. 22, 1999
 Died Dec. 17, 2015

A Gift from the Frasier Poetry Group

Most of the time our group reads favorite poems by noted published poets, but every so often a poem by one of our own members finds its way into the mix. Such was the case with the accompanying poem by longtime, nonagenarian poetry group member Jean Johnson.

One of Jean's assignments during her long teaching career required her to teach English poetry to students in Germany long before English became the *lingua franca* of Europe, to say nothing of the globe. Imagine teaching T.S. Eliot to non-English speakers! Jean says both she and the students loved the challenge.

"Ode by a Button" delighted our group so much that we wanted to share it with all of you.

Trish Judd

Ode by a Button

Mornings

I am drawn up
 into close-order drill
 on the front lines of the shirt placket
 where I stand my ground bravely
 but it's not much of a life
 always being pushed into a hole
 to hold two pieces of
 dumb cloth together.

Evenings

I fall out
 let loose by unthinking fingers
 (But lovers' fingers fumble
 half eager, half afraid
 those I resist for the fun of the game)

Still I do my duty

always the perfect servant
 discreet inconspicuous
 keeping up appearances
 until the day my master sighs
 just once too deeply
 or mistress rips off her jacket
 in a tearing fury

Then I jump

and disappear
 smug and snug
 under the bureau
 At last everyone can see
 how irreplaceable I am



by Jean Johnson

Burke Park Evaluation and Improvement

Perhaps the #1 “Intergenerational Use Park” in Boulder, the Admiral Arleigh Burke Park, is located immediately west of Frasier in an area with a high population of seniors, in addition to the Frasier neighborhood families. Because it is adjacent to Horizon K-8 Charter School, this park with Thunderbird Lake and the “big anchor” at the north end receives much use from school children, but also from all generations, disabled individuals, and wildlife. For these reasons, Burke Park is currently under study by the Boulder Parks and Recreation Department. As a major contributor to that study, Dr. Angela Kreutz, an independent German researcher with a background in architecture and design and who is a visiting professor at CU this year, has conducted a thorough mixed-methods research evaluation on Burke Park. Previously, she has worked and done research on environmental uses of public lands in Germany and Australia. She presented her research findings to a large group of Frasier residents in late November.

Her evaluation of Burke Park is a “post-occupancy” study of how the space is being used and how the users feel about the space, their use of the park, and its amenities. She noted that Burke Park is a joint-use park, with the major users being all who reside in the Frasier neighborhood, the children attending Blossom Pre-school, the students and teachers at Horizon School, Mountain View Methodist Church members, and other groups and individuals who come to the park for various reasons. She also noted that the major use areas were the following features: Thunderbird Lake, the anchor memorial, the paths around the lake and around the entire park and school area, the berms or “bumps” in the open areas,

the benches, planted trees and flower beds, as well as volunteer trees, bushes, and other wild vegetation, the gazebo, the outdoor platform, and closer to the school, the softball field and the school grounds with play equipment.

Dr. Kreutz and her assistant observed the park for seven days, sunrise to sunset, especially observing many activities at lunchtime and in the late afternoon, noting who was doing what, for how long, and in what ways. She also noted the locations of various activities, e.g., where the Horizon students were playing in which types of weather, or where Frasier residents were sitting or walking; she looked for concentrations of uses. Her study also involved personal interviews: 15 from FMRC residents, 25 from the neighborhood, as well as discussions with the Horizon teachers. She took 10 walks with K-8 students leading the way and describing their activities and uses of the park, and 109 students answered a questionnaire about their use and feelings about the park.

The study revealed that visitors who use Burke Park value it greatly, and she noted that the users wanted more open lake, better visibility of the water and wildlife, and that the diversity of plants other than weeds is desirable. Many users noted that the water quality and quantity need attention, as the lake is filling in with reeds, volunteer trees, and undesirable plants. Recommendations included improved lake access and uses and more intergenerational activities, as well as some revision of various park features: the berms, gazebo, size of lake, volunteer trees, and weeds.

Jeff Dillon, the Superintendent of Parks and Planning for the City of Boulder Parks and Recreation Department also attended Dr.

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Kreutz's presentation. He thanked her for her work, which provided a solid basis for the city's future work. He stated that the city is currently studying Burke Park for rehabilitation and improvement, and that during the next five years the plan includes dredging some aquatic material to develop a one-acre lake. The original spring-fed lake covered two acres, but the spring no longer supports the lake and supplying millions of gallons of treated city water to maintain a full two-acre lake, with water that must be dechlorinated, is very costly. The compromise for the city is one acre of lake and one acre of appropriate wetlands to attract and provide environment for various birds and other wildlife. Planning for the future rehabilitation of the park will begin seriously in the spring 2016.

Fraser residents attending the presentation also noted that many other considerations for Burke Park are important: repair and relocation of the "hill" in the sidewalk to the east of the lake to make it ADA compliant; better design for the berms, which were a CU student project aimed at providing natural areas for wildlife and human exploration but which have become little more than weed-covered and unused dirt piles; installation of exercise stations around the lake path or in another area,



Speaker Dr. Angela Kruetz and Jeff Dillon the Superintendent of Parks and Planning for the City of Boulder

that are of appropriate design, particularly for the senior users; review of the formal plantings and constructed features, particularly the platform on the SW side of the lake; possible decks near the lake for observation or fishing; stocking the lake with pond fish such as bass and perch; development of better sight lines from the path to the water; landscape planning and maintenance; and activities aimed at fostering inter-generational interaction.

Burke Park and Thunderbird Lake provide important recreational and exercise space for all generations, and the city's recognition of this importance

was enhanced by Dr. Kreutz's evaluation. She presented her thorough and excellent observations and survey data, which were displayed very well in overlaid graphs showing the interactions that occur in this park and their locations and frequency. Burke Park is a special "contact zone" between age groups, wildlife, and the natural elements in Boulder; few other neighborhood parks can claim anything close to the intergenerational and "in town" environmental uses that are found in this park.

Anne Bliss

Tribal Treasures

In December interested Frasier residents visited CU's Museum of Natural History to view a remarkable exhibit: Ancient Life in Boulder Valley – The Mahaffy Cache. For 13,000 years this tribal treasure lay buried near Gregory Creek in western Boulder beneath the Flatirons. A landscaping project in the spring of 2008 brought the hoard to light – 80 carefully crafted stone tools knapped from fine-grained hard rock: chert or quartzite. Some of the implements are the size of a man's palm; others are little larger than a thumbnail – skinners, scrapers and knives.

Now the artifacts are on exhibit, hung like the gems they are, in a protective case at the CU Museum of Natural History. Archaeology Professor Doug Banforth and his staff have unraveled some of the mystery of this amazing find. They have discovered traces of bear, camel, sheep and native Mexican horse protein on the tools. Camels became extinct in North America 10,000 years ago; Mexican horses 8,000 years ago. Clearly, the humans, who made and used these tools, lived a very long time ago. Protein traces as well as carbon dating from the soil where the stones were buried place them in the Paleo Indian Clovis

time period near the end of the last Ice Age.

The rock material of the tools yields further interesting clues. No such rocks exist in the Boulder area. The beautiful tiger chert had to have come from what is now southwestern Wyoming, the Uinta quartzite from eastern Utah and "Kremmling chert" from north central Colorado. These rocks, which together weigh a total of about 18 pounds, were carried to Gregory Creek over mountain passes and hundreds of trail miles. The hunters who buried these tools must have known game was plentiful in the Boulder area and that no good rock for tool making was available here. They were not first-time visitors.



We are left with other intriguing questions to ponder: Why the tools were so carefully crafted beyond basic usefulness? Why such valuable artifacts were never retrieved from their cache?

Note to Frasier residents: Paul Weimer of the CU Geology Dept. and son of Frasier residents, Ruth and Bob Weimer, was consultant for the exhibit.

Louise Bradley

Meet Kim Calahan

Kim is Director of Nursing in Frasier's Health Care Center. Since mid-November Kim has been overseeing the nursing care and nursing staff in our Health Care community. She brings to us a strong background in nursing and management as well as a lovely gentle smile and an engaging soft-



spoken manner. She holds a bachelor's degree in business in addition to her nursing credentials. Kim has worked in marketing and in human resources and has managed a travel agency in the past. She comes to us

from Balfour Senior Living where she served as Director of Nursing for the past 15 years.

Kim was born in Kansas where she learned to build relationships with people and learned the importance of strong values. She now shares her home with, Michael, her 16-year-old baseball-playing son and two other "guys": a Lab boxer and a cat. Should she have free time from her job and her active household she might use it painting, making jewelry or creating greeting cards. She finds time to walk daily— a dog owner's privilege and responsibility. Kim is restoring a 1952 Willy's Jeep inherited from her grandfather. That could well consume the remainder of her time and paycheck.

She was attracted to Frasier because of its fine reputation. She is pleased with the friendly atmosphere she finds here. Kim looks forward to meeting more of the residents and staff of this big community, building relationships, and helping to provide the best care possible in Frasier's Health Care Center.

Louise Bradley

Frasier's Bird Whisperer

One of our residents has become known as the Bird Whisperer. Here's why. Gilligan, a young cockatiel, arrived in the new Assisted Living area soon after it opened. He resides near the dining room. Before coming to Frasier, he had recently lost his mate, and adjusting to a new environment was not easy for him. Cockatiels, members of the parrot family, are social birds and have the emotional intelligence of a small child, so Gilligan expressed his discomfort the only way he knew how which sometimes resulted in some rather unpleasant squawking.

Fortunately, Ja Elliot, who loves birds, connected with Isabelle Kessler, the AL Enrichment and Community Life coordinator, who introduced her to Gilligan. Ja began visiting him on a daily basis spending an hour or so communicating with



him. She chats with him in quiet, soothing tones, and sings to him. Ja is not a whistler, but that's fine with Gilligan. He just whistles back the notes she sings. Sometimes she tries to teach him some simple words. He is trying to learn to talk, but so far he can only soundlessly move his mouth in reply.

Ja and Isabelle have worked diligently to help Gilligan adjust to his present surroundings. In addition to the time they spend with him, he also loves it when he can listen to the live music programs the residents of Assisted Living are sometimes treated to. You too may enjoy a visit with Gilligan. Just stand back a little, speak softly, and Gilligan will be happy with your company.

Pat Geraghty

Bob Ritzen Changes Thinking About Advancing Age and End of Life

Most ministers would feel lucky if even one encounter with their flock resulted in a change of thinking. Chaplain Bob Ritzen's multi-group discussions of Atul Gawande's "Being Mortal" has mass-produced changes in thinking. Bob has been mightily impressed by his groups' willingness to use Gawande's writing as a springboard to wide-ranging, candid discussions of quality of life in advancing age and at the end of life.

Starting with one group reading the first chapter of "Being Mortal", Bob now leads three — soon to be four — groups working their individual ways through the book. Each session begins with some opening comments and questions by Bob. The groups are small, no larger than fifteen or twenty, so it doesn't take much to start discussions.

Then the many emotionally charged cases presented by Gawande evoke equally wrenching stories from group members. There are tears and occasional laughter. Many participants reveal their own sad experiences, previously not discussed so openly. One story told seems to release others until the whole group, with new-found empathy, moves into unexplored territory.

With Bob's encouragement, the group discusses such questions as:

- How do you decide whether to move into Assisted Living or to age in place in your Independent Living apartment?
- How do you navigate in a situation where a person close to you is diagnosed with an incurable disease?
- How do you deal with disagreement within a family about when to discontinue he-

roic measures that are keeping a dying person alive?

How do you know when to call in Hospice, and what kind of services can it provide?

How do you know when to stop thinking about quality of life and begin thinking about quality of death?

For some of us, the popularity of these discussions has been surprising. Clearly Bob has touched on an unmet need. The residents have shown that they are ready to talk about quality of life in the later years and dealing gracefully with the end of life. It's not hard to imagine that such discussions will continue as new members arrive and the need persists.

Kevin Bunnell



United Nations and Indigenous Peoples

On Saturday, Jan. 9, our monthly UNA dialog at 10 a.m. in the Assembly Room will feature Paula Palmer, daughter of Frasier residents Wil and Lorna Bernthal. She will speak about how the United Nations supports the rights of indigenous peoples around the world. Paula received Boulder UNA's International Human Rights Award in 2014, and this year she received Boulder County's Multicultural Award in the "Partner" category. She currently directs a project called Toward Right Relationship with Native Peoples, which is based at Boulder's Quaker Meeting.

40th Parallel History

Lee Stadele, Boulder County Surveyor, was our December Kaleidoscope of Colorado History speaker. He explained why Baseline is Baseline. In 1859, with the discovery of gold in Colorado Territory, it was apparent that many land claims would be made. The area would have to be surveyed to avoid disputes. Two government surveyors, Todd and Withrow, were contracted to mark the extension of the 40th Parallel, the border between Kansas and Nebraska, into the Colorado Territory to the “summit of the Rocky Mountains” thus establishing a *baseline* from which counties could be measured north and south. Close to the intersection of Broadway and Baseline Road, in the southeast corner, is a prominent metamorphic boulder with a plaque commemorating that Baseline Survey. You will discover the boulder is split with a red line between the halves marking the exact alignment of the 40th Parallel.

Land surveying has an ancient history. Stonehenge in England, the pyramids of Egypt, the roads and aqueducts of Rome all required careful measuring of the land. It was essential to westward expansion of the United States. It is still essential today. The site of any building must be surveyed, subdivision plots must be surveyed, and land titles require a survey.

Though the tools of the trade change through time, the need remains. Private licensed surveyors handle much of the work. Boulder County and many other Colorado Counties also employ a County Surveyor, an elected official. It is his job to settle land disputes, to educate the public, to advise county departments and to re-establish lost markers or “corners”. Much of Lee’s current time is spent replacing the marks lost in the 2013 flood. He told us that finding old corners is challenging and rewarding, not unlike a

A Fresh View of Earth

On Saturday morning, December 12, a small group of residents were treated to an outstanding, well-illustrated and presented program developing the argument that the idea of Gaia – viewing Earth metaphorically as a single physiological system – may be critical to development of a world view that is necessary for a sustainable future. Martin Ogle, the presenter, developed the argument around five themes: a sense of place (we are a fundamental part of the global ecosystem); the yin/yang of efficiency vs. conservation; our sense of time and progress (recognizing there are limits to our physical space and resources); the limits to entrepreneurship; and recognition that Earth’s history is a continuum from stardust to consciousness. This deserves a wider audience than those few who attended the United Nations Association dialog, and Martin has accepted an invitation to return for the February 24 sustainability seminar. Mark your calendars.

Pete Palmer

Quiz question:

The faces of four U.S. Presidents are sculpted on Mt. Rushmore: Washington, Jefferson, Lincoln and Theodore Roosevelt. Which one of these was NOT a Surveyor?

Answer on pg. 20

treasure hunt.

Thanks to Lee for his enlightening talk. A nod to Bill Stengel, Frasier resident and former Boulder County Surveyor.

Louise Bradley

Literary Salon: “Literary Buffs” deliver Shakespeare, read prose and poetry in Frasier’s Third Literary Salon.

Under the guidance of Adriane Genette, CU Department of English instructor, members of the “Literary Buffs” presented a delightful program of prose, poetry and acting for Frasier literature enthusiasts. The Buffs, all undergraduate students, enjoy reading, discussing, writing and performing English literature in bi-weekly sessions.

The Salon program began with Genette’s reading from James Joyce’s “The Dead”; she was followed by Sawyer Macres, reading a poem by Billy Collins, the Poet Laureate of the United States from 2001-2003. Two short poems by John Muir, the naturalist called the “Father of National Parks”, were read by Beau Lemieux, a sophomore English major. A modern touch entered the program when Andre Gianfrancesco read William Carlos Williams’ poems copied into his cell phone. Lukas Devries, a freshman, read Shelley’s “Montblanc”, written in 1816 but reminding listeners today of the power of human imagination compared to the power of the mountain rising above the Chamonix Valley. Then Sean

Gunderian, a freshman hoping to earn the new BFA in English, acted two dramatic monologues.

Not all of these students are English majors. Jason Hill read John Updike’s “January” and Emily Bronte’s “Spellbound”— and he, a computer science major, comfortably read from his computer screen.

The Literary Buffs have been meeting for about 18 months and have 15 current members. They do outreach in schools, assist with Department projects, and love to read and discuss literature. They found enthusiastic company in the Frasier audience, and an active, stimulating discussion ensued. Frasier’s poetry group and play-reading group meet bi-weekly, and they have invited the Literary Buffs to come again and join the fun. After the lively discussion during the Salon, there’s bound to be more good interaction between these groups!

Anne Bliss



Left: Participants in a December workshop led by Kay Forsythe show off the colorful hand-painted silk scarves they created, many to become Christmas gifts

From Whence Cometh The Holiday Spirit?

Every year it's Goodbye Thanksgiving and Hello Holidays. The tradition of celebrating a birth or rebirth goes back a very long time. For many, this time of joy celebrates the birth of Christ. For others, the happiness recalls the rededication of the Holy Temple in Jerusalem. And going back beyond history, people celebrated the end of the dark time and looked forward to the renewal of nature's bounty.

This December at Frasier, bounty it was — a bounty of music. At least twenty four events enlivened the holiday spirit.



CU professor Margaret McDonald (left) with three of her piano students who played at the Geneva Percival concert on December 3: Cecilia Kao, Nathalia Kato, and Sophia Zervas.

A CU Faculty Tuesday performance started the month with genius performances by David Koveraar, piano, and Harumi Rhodes, violin. Rhodes is new to the faculty. Her playing of Beethoven and Bartok made it clear why the College of Music rates among the top ten in the country. Her virtuosity stood up well to Koveraar's forté playing.

The Generation Trio, a matriarch, a son and a father, on piano, guitar and drums, continued in Health Care with old standards like "Sweet Georgia Brown" and "Let it Snow." They shared applause with three visiting girls, ages four and seven, who danced spontaneously and with verve at the back of the room. The Geneva Percival series moved into December with remarkable four-hands piano performances by students of Ko-

revaar and Margaret McDonald. The three young women, a freshman, a masters, and a doctoral student, played Bach, Beethoven, and Brahms with great virtuosity and charmed the audience with their engaging personalities.

The bounty continued. Doe Kelly and David Vandervort announced that "Christmas is Coming" with song and piano. The music at the annual "Merry and Bright" feast was ever present in the dining room: the Dickens Carolers reminded us of old-time England, and the New Wizard Oil Combo overwhelmed with their antics and vocal gymnastics.

And so the music continued with the Brassaholics, Simone's traditional Santa Lucia Day songs with Ed Putzier, The Dane Viola Holiday Concert where young talent was on display for an admiring audience mostly of parents and friends, and Mozart's "Magic Flute" from the Met with transport supplied by Frasier.

And on it went with local singing groups and holiday carol sing-alongs, *a cappella* singing by the 17th Avenue All Stars, and "A Shepherds Christmas" by Simon Kyeyune and Friends. "Friends" turned out to be an amazing group of talented performers. Among them were a skit by Simon, Jim Wolf and Bruce MacKenzie; a touching song, "Mary Wrapped a Present to the World" by Breanna Gardner; and what is now a tradition, Tim Johnson with Simon singing, "Come Adore Him".

Also part of this rich holiday fare was a trip to the Messiah at St. John's Episcopal Church, an Acting Up Band sing-along, and a continuing stream of events right up to New Year's Eve.

All of this rich holiday fare came at the hands of Molly Briggs and Kathryn Aronson who undertook the prodigious task of planning and keeping track of it all.

Kevin Bunnell

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

Jan. 2 The Best Exotic Marigold Hotel 2011

To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably. (Netflix)

Jan. 9 Citizen Four 2015

This tension-fueled documentary from filmmaker Laura Poitras follows her 2013 journey to Hong Kong to meet with whistleblower Edward Snowden as he was preparing to release a wealth of classified government documents. (Netflix)

Jan. 16 A walk in the Woods 2015

Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his longestranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic. (Netflix)

Jan. 23 Something's Gotta Give 2003

Still sexy at 60, Harry Sanborn is having the time of his life, wining, dining and bedding women half his age. But when he agrees to go to the Hamptons with his girlfriend, their getaway goes awry after her playwright mother stops in unannounced. (Netflix)

Jan. 30 Secondhand Lions 2003

In 1960s Texas, timid teen Walter is forced to spend the summer with his rich and eccentric great-uncles on their farm, where, over time, he learns surprising tidbits about their mysterious and dangerous pasts. (Netflix)

New Residents

Lois Klamann

came from Boulder to Frasier on December 8 and will occupy unit 26 FC. She was born on January 1 in South Bend, IN but grew up in Chicago, IL. She was an elementary school teacher and office worker and volunteered in fund raising. Her main interests are photography and raising dogs. She has two sons, Richard, who lives in Los Alamos, NM and David who lives in Las Vegas, NM. Her new phone number is 720-562-8214. We welcome Lois to Frasier !



Bill and Judy Tucker

moved to Frasier from Boulder on December 11 and will live in unit 485 FN. Bill was born on August 1 in Littlefield, TX. Judy was born on February 14 in Cokato, MN. Bill was a physician (anesthesiologist). Judy was a homemaker and volunteered at the hospital and for the American Cancer Society. They have four children, Kathy and Grace in Boulder, Matthew in Superior, CO and Gary in Boston, MA. Bill likes to read, walk and spend time with family. Judy enjoys sewing, walking, reading and time with the family. You can reach them at 720-562-8138. Welcome to Frasier !



Bob and Gale Adair

arrived on December 30 from Boulder and will reside in apartment 433 FC. Bob was born on November 20 in Denver, Gale on April 24 in Houston, TX. Bob was an electrical engineer while Gale was a registered nurse and a volunteer coordinator. They have two children, Mindy who lives in Denver and Jennifer who lives in Santa Rosa, CA. Bob likes old cars, motorcycle trips, and woodworking. Gale enjoys hiking, reading and watching movies; she has volunteered for thrift stores. Their new phone number is 720-562-8055. Welcome to Frasier !



Merry and Bright Christmas Party



Above left: Tim Johnson chatting up a group of party goers.



Above right: Dickens carolers



Above: The New Wizard Oil Combination *a capella* choir.



Left: Ladies wearing hand-crafted "fascinators".

Quiz Answer: Theodore Roosevelt.

(Question on page 15)