ANNOUNCEMENTS

Golden Book Club
This group meets in the Front Porch the fourth Tuesday of each month at 6:30 p.m. The book list that has been announced is as follows:

April - Isaac's Storm by Eric Larson
May - The Good Earth by Pearl S. Buck
June - The Left Hand of Darkness by Ursula K. LeGuin

If you are interested in joining, please email Jan Bradbury, bobjanbradbury@comcast.net.

Front Porch Library -
No longer the Jefferson County Library extension
All Jefferson County Library books need to be returned to their library as we are no longer supporting this service. Since our Front Porch library is thriving, please be kind and relocate them to their proper place. The books are organized on each shelf by the author’s last name. Thank you for your assistance with this!

Jefferson Center for Mental Health
We will have a representative from the JCMH here during our Celebrate Health on Friday, April 1 to discuss the services that they provide. Please visit their website at www.jcmh.org for more information.

Linking Lookout Project -
US 6 and 19th Street Construction
If you haven’t noticed, there is a major construction project going on at the intersection of US 6 and 19th Street. The City of Golden is partnered with the Colorado Department of Transportation (CDOT) on this project to make it come to fruition. CDOT is in charge of most of the major road construction projects on highways throughout Colorado, so you can imagine that this project is not one of their largest. However, for us here in Golden, this is going to be a big fish in our small pond.

We know there will be a lot of questions, concerns and frustrations in the weeks, months and years to come as this project takes shape. We will work hard to make sure you have the very latest information going into the project and as it progresses.

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The US 6 & 19th Street project was named “Linking Lookout” so anywhere you see those two words, you’ll find information on the project. Linking Lookout was chosen to represent what the project will ultimately bring to our community… a beautiful and user-friendly path between downtown Golden and the communities at the base of Lookout Mountain. In essence, we are “linking” Golden to Lookout to help bikers, pedestrians and cars cross over US 6 safely without hindering the flow of traffic.

While the City plans to utilize many forms of communication tools to keep you updated on the project, you can find the very latest information on the website, www.LinkingLookout.com.

Celebrate Health! is a monthly wellness program featuring a variety of healthy living opportunities for adults of all ages. We offer appointments for chair massages, hand and foot reflexology for nominal fees. Celebrate Health! is held upstairs at the Front Porch of the Golden Community Center. For more information or to make an appointment for one of our services, please call 303-384-8130.

Celebrate Health Dates – Spring 2016

Fridays: April 1, May 6, June 3
Chair Massages & Reflexology Sessions ..........$13 for 15 mins.
Call 303-384-8130 to make your appointment.

Spring Cleaning Safety Tips

Does your kitchen look like a display ad for gadgets and counter-top appliances? Does all of the excess furniture lying around your living space look like it should be in a yard sale? If you answered “yes” or even a reluctant “no”, then it’s time to freshen up your home. Spring is the season of renewal, so get caught up in the fever and throw out the junk and re-organize your space! For senior citizens and their caregivers, these five spring cleaning tips are for safety first.

1. Check the Medicine Cabinet
Are medications labeled and stored in their proper containers? Do you have old prescription drugs mixed in with the new? These common practices in homes pose potentially dangerous health hazards. Whereas some medications still retain their potency after expiration dates, many do not and should be disposed of properly. Old liquid antibiotics, drugs comprised of organic ingredients and those requiring refrigeration should be safely discarded.

   Be sure to store medications in a cool, dark, dry place; the bathroom does not fit that category. A better place is an airtight plastic container on a shelf in your closet.

2. Clean Up Clutter
Trips and falls are likely to happen when you accumulate too much “stuff”. Reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular walking path and place them in storage. Make maintaining a clear walkway in every room of the house or apartment a top priority. And either tape carpet edges or throw rugs to the floor or get rid of them entirely.

   In the kitchen, remove infrequently used appliances off the counter, organize cabinets, create front row spaces for frequently use items, and clear out the refrigerator and pantry of stale food.

3. Have an Emergency Plan in Place
In case of an emergency such as a fall, an attempted burglary, or a kitchen accident, do you have important numbers on speed dial? Know who to call in an emergency and have your phone programmed, accordingly.

   If you reside in an assisted living community, be sure you understand how the emergency response system works. Just like when you were living in a neighborhood, look out for others and know who to go to for help.

4. Never Try to Move Heavy Objects or Furniture on Your Own
For seniors with reduced strength or mobility challenges, doing household chores may seem like a monumental task. Never try to move furniture or heavy objects on your own. Don’t stand on a chair or ladder to clean hard to reach spots or change light bulbs. Use cordless cleaning tools and lightweight equipment which are easier to use. Try the newer, more efficient technology tools on the market designed to make modern household cleaning a breeze.

5. Monitor Your Smoke Alarm System, Fire Extinguisher and Emergency Kit
Periodically check your smoke alarm system and carbon monoxide detectors: run a test to ensure batteries for detectors are functional. Every home should have at least two handheld fire extinguishers (one in the kitchen for sure). Check the expiration date and remind yourself to monitor the device every once in a while.

   Emergency kits should be assessed often and restocked in the Spring and Winter. General contents may include: a flashlight and spare batteries, thermometer, Band-Aids, scissors, tape, triple antibiotic ointment, wound care dressings, allergy and digestive medications, protein bars, a current medication list and names and phone numbers of family or friends to contact in case of an emergency.

Key Takeaways:
• Get rid of expired, unused medication. Store medicines in a cool, dry, dark place.
• Maintain a clear walkway for seniors to navigate.
• Know who to call in an emergency and have your phone programmed accordingly.
• Use cordless cleaning tools and lightweight equipment for household chores.
• Periodically check your smoke detector, fire extinguishers and emergency kits.
Trips for April

Denver Firefighters Museum - #352000-1
Wednesday, April 6 - $15
9:30 a.m. to 2 p.m. Tour starts at 10:15 a.m. Exertion Level 3. Transportation and museum ticket included. Bring money for lunch.

If the heart of a great museum is its subject, then the Denver Firefighters Museum is truly one of the greatest in the world!

The Museum offers not only outstanding exhibits on the history of firefighting in Denver focusing on the Denver Fire Department, but innovative and exciting hands-on activities that allow visitors to interact with the traditional exhibits.

Butterfly Pavilion and Butterflies of the Rainforest Class - #352100-1
Tuesday, April 19 - $17
11:30 a.m. to 5 p.m. Class starts at 2:30 p.m. Exertion Level 2. Transportation, admission and class included. Bring money for lunch.

Home to over 5,000 animals! Embark on an adventure to the realm of Rosie, our famous tarantula. Step to Water’s Edge to be immersed in an underwater world full of sea creatures. Explore our tropical rainforest where 1,600 butterflies rule the sky! End your journey in our gardens and nature trail where you’re sure to see critters of all kinds. In the Butterflies of the Rainforest class, take a trip to the tropics and discover how the Butterfly Pavilion gets its butterflies and how they transform over their lifetimes. Get ready to immerse yourself with one of our world’s most amazing environments.

Trips for May

The Denver Zoo - #352200-1
Tuesday, May 10
$25
9 a.m. to 3 p.m. Exertion Level 3. Transportation included. Bring money for lunch and souvenirs.

Home to more than 4,200 animals and host to over 2 million visitors each year, Denver Zoo is teeming with life. Thanks to community giving, we have become one of the nation’s most popular zoos. In turn, we’re happy to be part of what makes Denver such a vibrant place to live, learn and grow.

TRIPS & TOURS INFORMATION

Registration Information

Registration is open for both resident and non-resident participants. Trips and Tour activities will be processed on a first come, first served basis. Registrations are accepted online, by phone or in person. Payment is due at the time of registration.

- Online: Register at rec.cityofgolden.net
- Phone-In: 303-384-8100
  Please have class selections and credit card information ready. Visa, MasterCard, Discover, and American Express are accepted.
- In Person: at the Golden Community Center, 1470 10th St.
  All registrations can be completed at the front desk.

Front Porch Cancellation Policy - The Golden Community Center will retain funds that have been committed to the trips that require advanced reservations, tickets and for transportation. However, if the Front Porch makes the cancellation, all monies paid will be refunded.

Please refrain from wearing perfume or cologne for the health and comfort of those with allergies, asthma or other health issues. Thank you.
Denver Botanical Gardens – Chatfield Farms - #352300-1
Tuesday May 24 - $10
9 a.m. to 3 p.m. Exertion Level 3. Transportation and admission included. Bring money for lunch.

Facilities include the Earl J. Sinnamon Visitor Center, the historical Hildebrand Ranch, a restored 1918 dairy barn and silo, the 1874 Deer Creek Schoolhouse, 2.5 miles of nature trails, the Deer Creek Discovery children’s play area and numerous wildflower gardens. Bring your binoculars and wander the many trails. The area is known for exceptional bird watching. (Formerly known as Denver Botanic Gardens at Chatfield).

Boulder Dinner Theatre-Footloose - #352400-1
Sunday, June 5 - $46
11 a.m. to 6 p.m. Exertion Level 1. Transportation, show and meal included.

When Ren and his mother move from Chicago to a small farming town, Ren is prepared for the inevitable adjustment period at his new high school. What he isn’t prepared for are the rigorous local edicts, including a ban on dancing instituted by the local preacher, determined to exercise the control over the town’s youth that he cannot command in his own home.

When the reverend’s rebellious daughter sets her sights on Ren, her roughneck boyfriend tries to sabotage Ren’s reputation, with many of the locals eager to believe the worst about the new kid.

The heartfelt story that emerges is of a father longing for the son he lost and of a young man aching for the father who walked out on him. Footloose celebrates the wisdom of listening to young people, guiding them with a warm heart and an open mind.

Manitou Springs and Cave of the Winds Discovery Tour - #352500-1
Friday, June 17 - $35
8:30 a.m. to 4 p.m. Exertion Level 3. Transportation and tour included. Bring money for lunch.

Manitou Springs was founded in 1872 by Englishman Dr. William Bell and his business partner General William Palmer as a scenic health resort. The town was incorporated in 1876 (the same year Colorado became a state) and is now a home rule city of approximately 5,000 residents located on the western edge of an urban area of over 500,000 people (Colorado Springs).

On our most popular tour, you’ll wind your way through nearly a mile of Colorado caverns, including the Majestic Hall, the Bridal Chamber and the Temple of Silence. You’ll duck under Fat Man’s Misery, marvel at geological formations like the Giant’s Bleeding Heart, and experience total cave darkness.

Exertion Levels: Day Trips & Tours
Level 1 = Walking short distances of only one or two steps (in and out of restaurant and program location).
Level 2 = Requires some additional walking; minimal steps encountered. (Short tour or to get into program).
Level 3 = Longer periods of walking, mostly on even surfaces. Stairs may be encountered.
Level 4 = Requires extensive walking and/or walking on uneven surfaces. Be prepared to walk up stairs and/or be on your feet for most of the outing. May apply to high altitude situations.
Level 5 = Requires good physical condition and the ability to walk with moderate to strenuous elevation gain. High altitude situations likely.

Please be aware of the noted exertion level and match this with your own ability level to ensure an enjoyable experience.